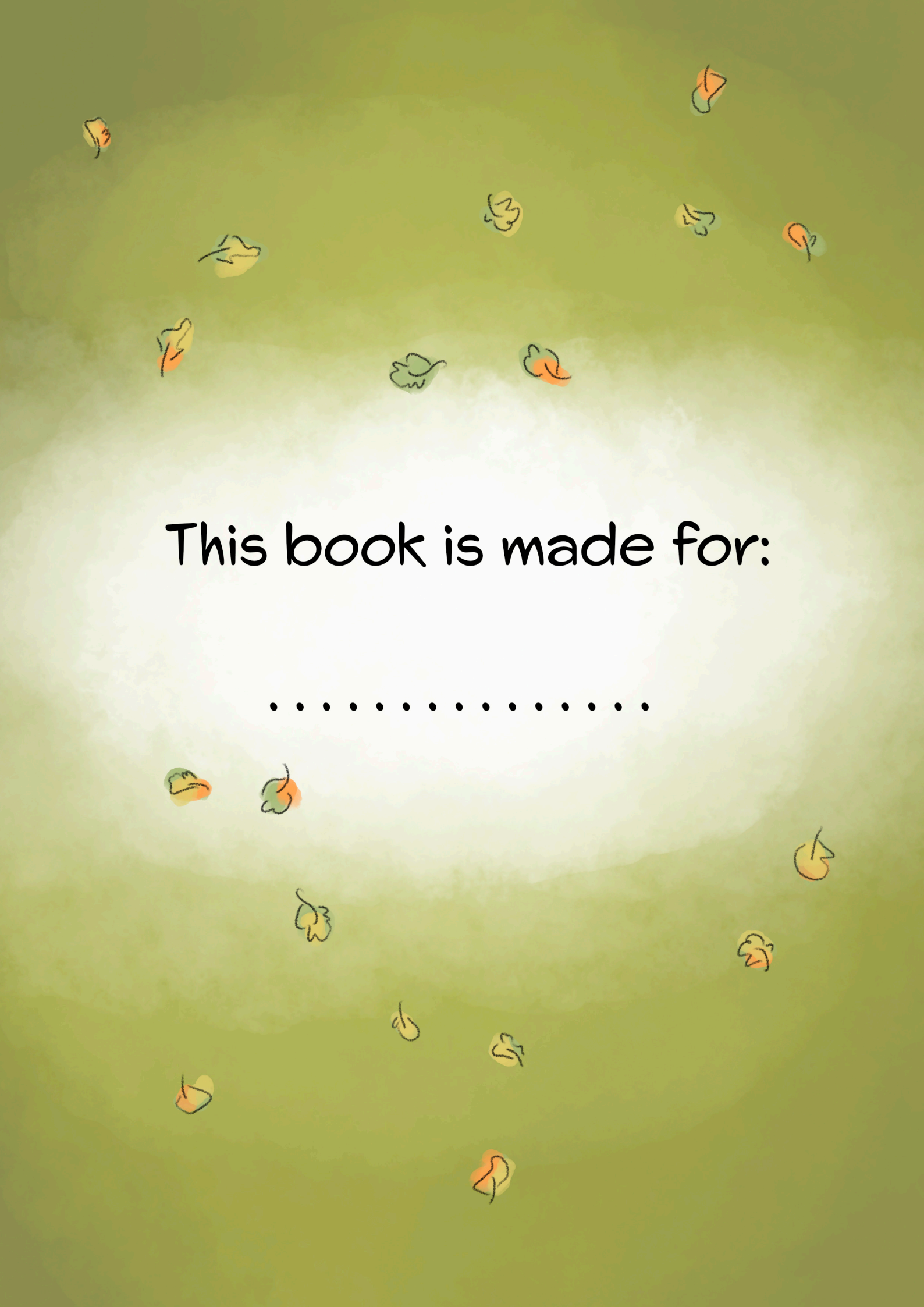




Our big pee race

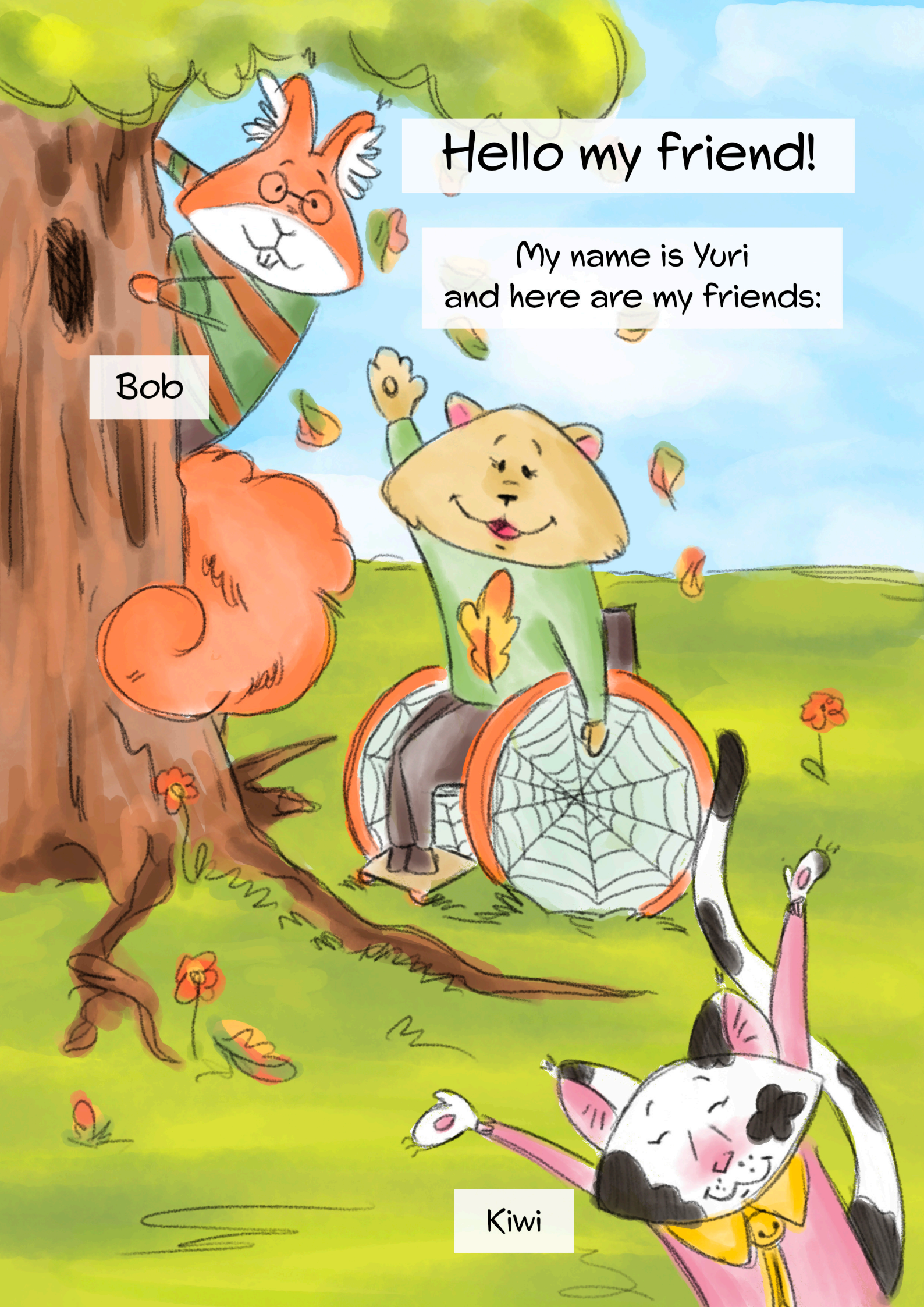


Written and illustrated
by Myrna Grete



This book is made for:

.....



Hello my friend!

My name is Yuri
and here are my friends:

Bob

Kiwi

... we dance ...



... play hide and seek ...



Together we play in the woods!



... or play other fun things!

But our favorite game of all time is ...



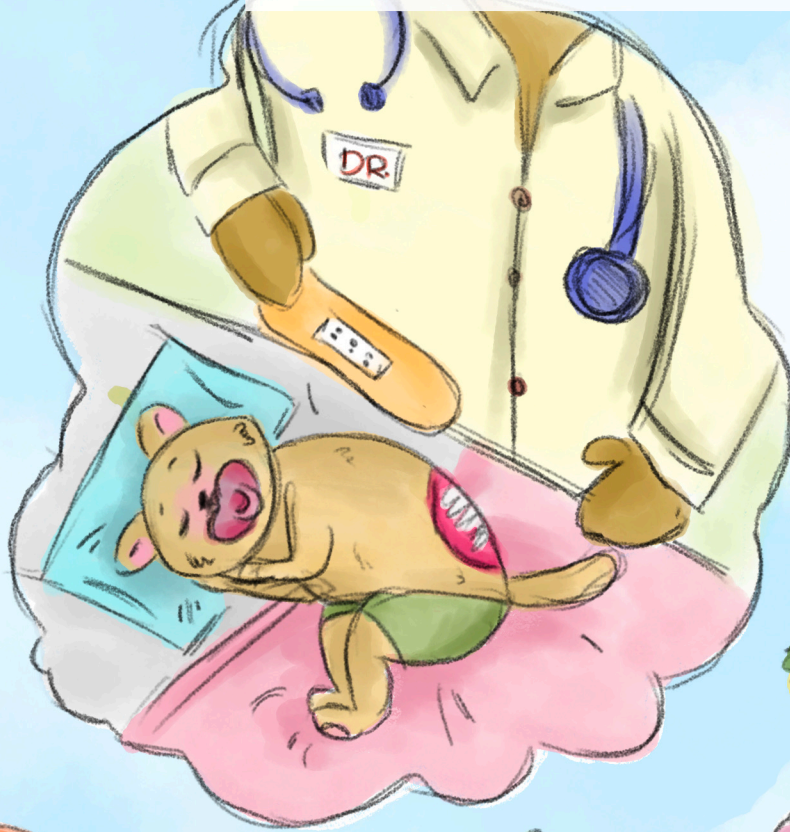
... is to run a race !





I am the fastest!
I always win!

I was born with Spina bifida.
I had a hole in my back
& the doctors closed it at my birth!



I can't feel much from my belly down,
that's why I'm in a wheelchair.

With my wheelchair I am even faster than the fastest racing mouse!



After every run me and my friends like to enjoy a big glass of apple juice and cookies.

Have you ever wondered
where apple juice and cookies
go after we ate them?



C'mon, let's run a race through our body!

START



Cookies & juice go through our esophagus into the stomach where it's all broken up.

Inside our body there are many organs. They process our food giving us new energy to play!



Our gut continues to mix and filter our food.

We finish our race in the bladder! Everything the body can not use will be collected in this big balloon.



In our kidneys blood and water are washed!

Then we have to pee.



Some pee sitting down ...

... some pee standing...

... some use diapers ...

I use the catheter!
There are many different,
funny looking ones!

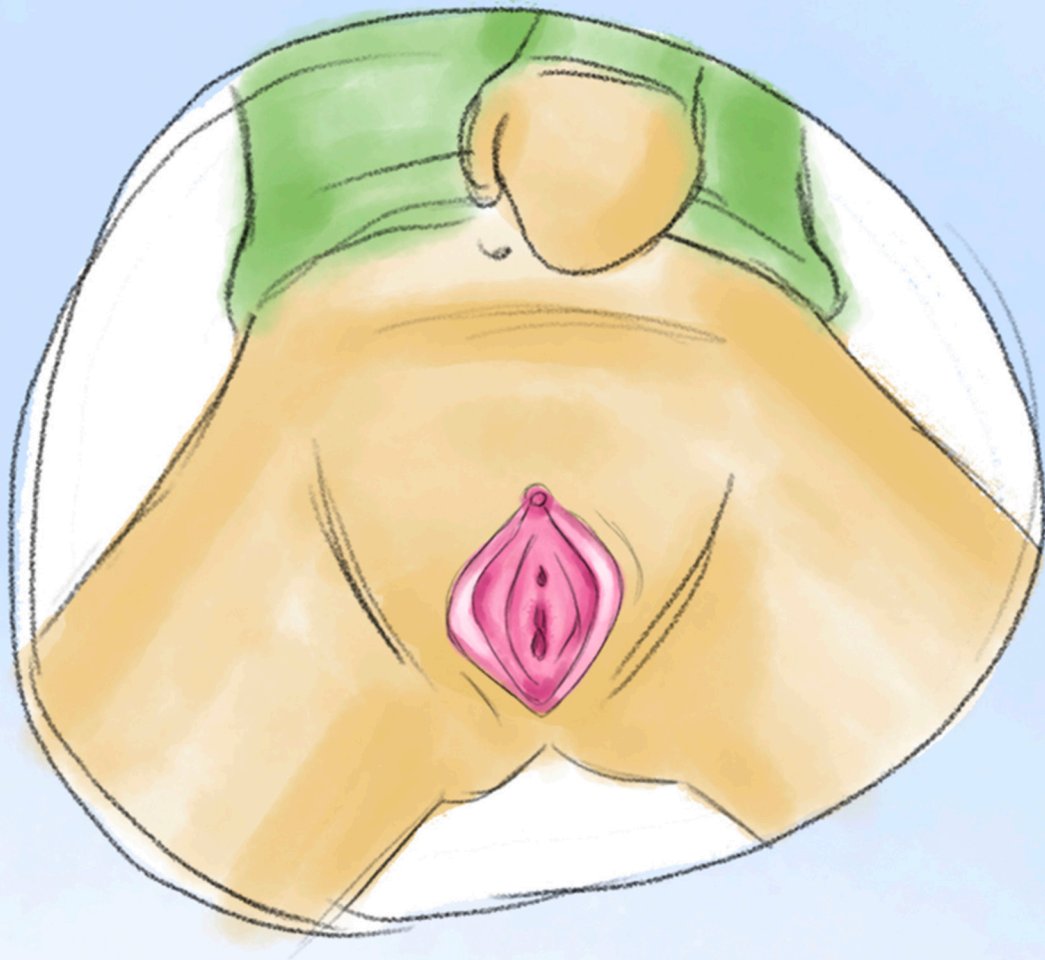


My nurse helped me
finding the best catheter for me.
My parents used to help me
using it correctly.



Now I can use the catheter
on my very own!
Let me show you how it works!





That is where the catheter needs to go!



We can use a mirror to see it better.

Let's take a close look
at our vagina.

We see two holes.
The top hole is our
urethral entrance!

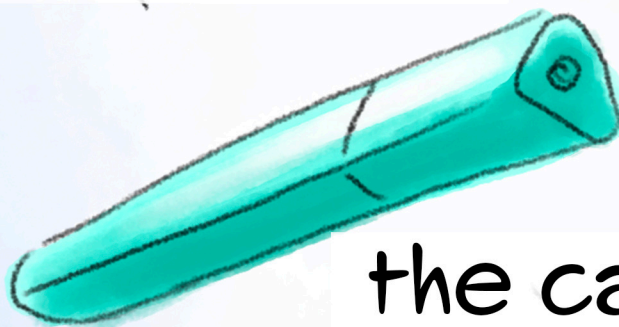


To prepare:

Here is everything we need!



Soap for our hands
and a special Sanitizer.



the catheter!



We can also use a mirror
for a better view.





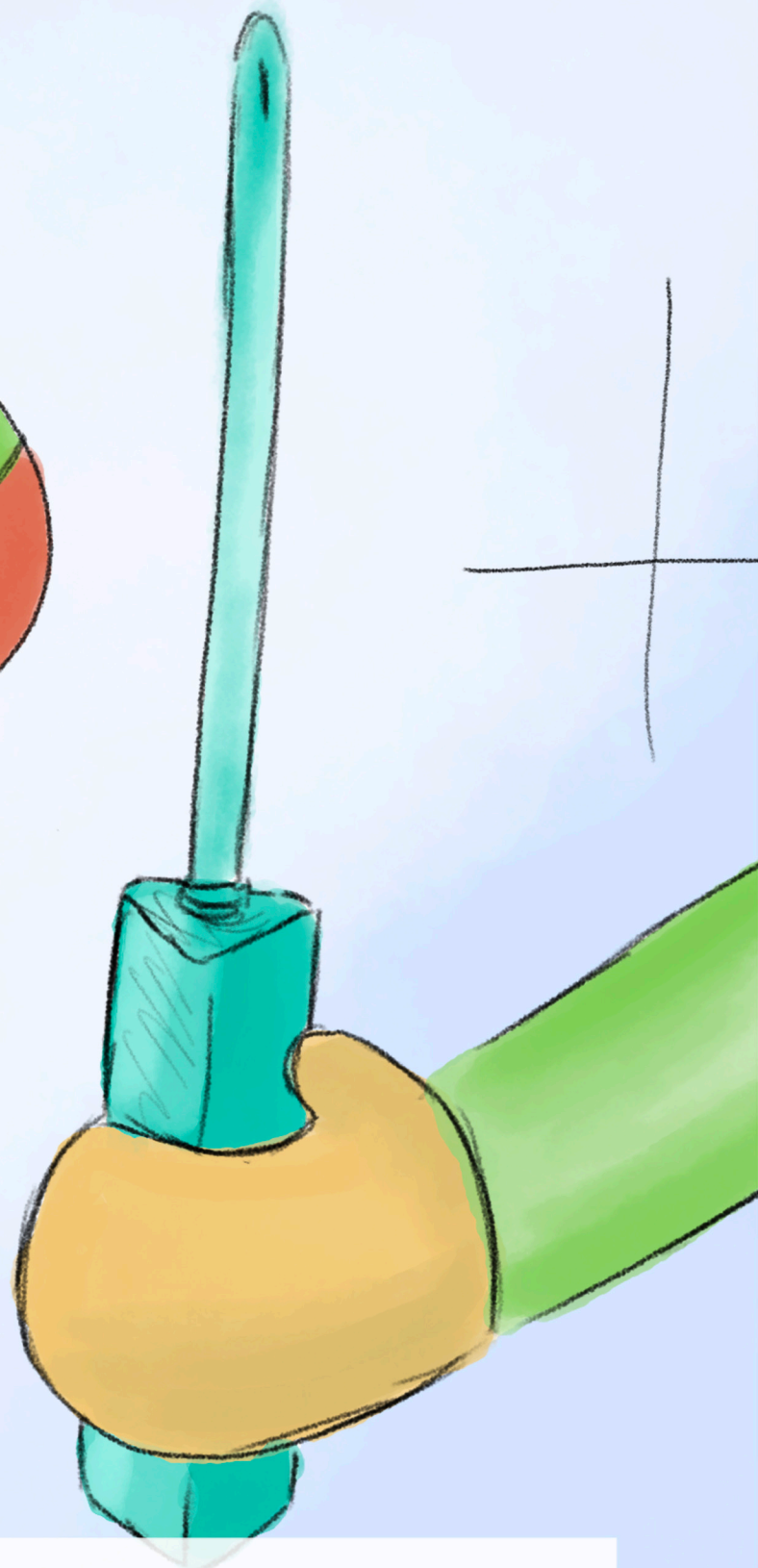
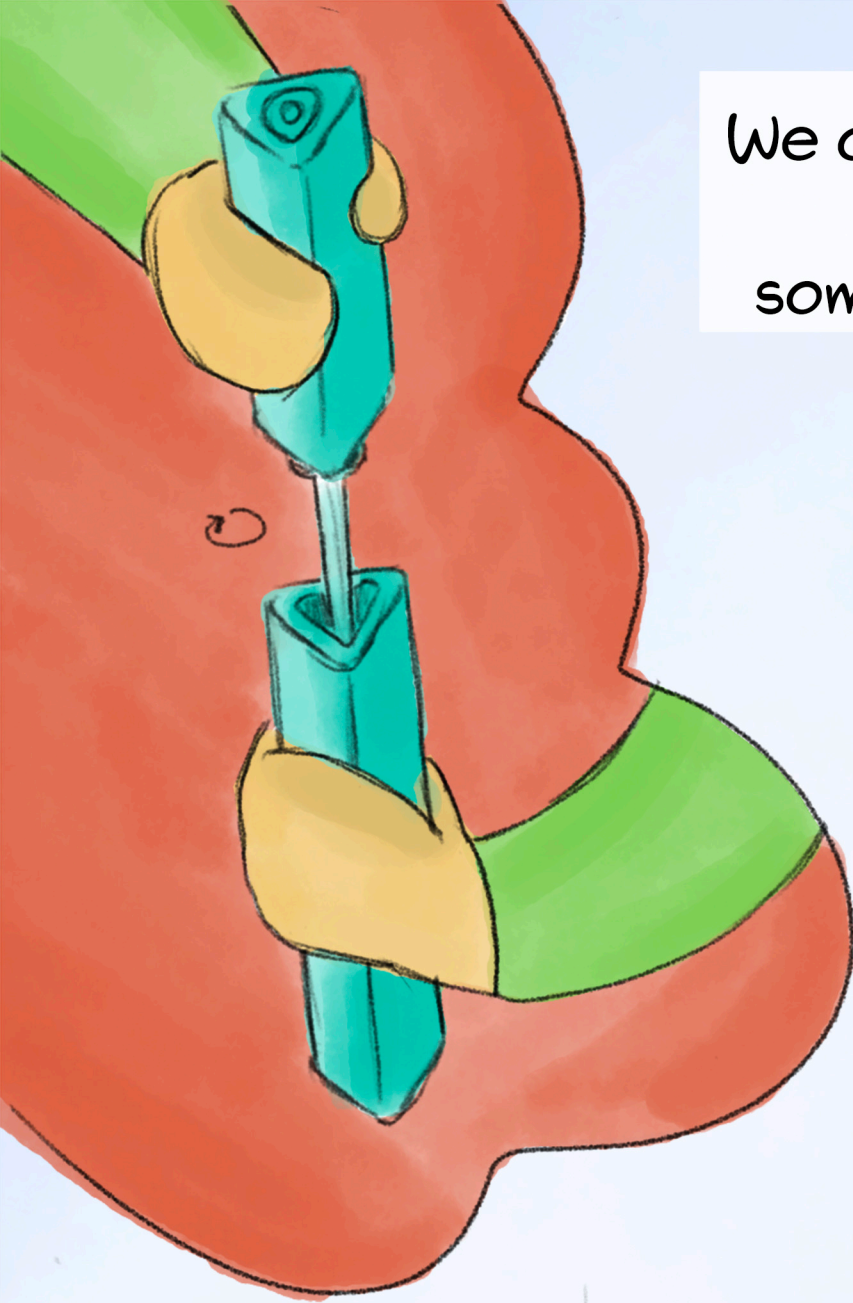
Step one:
We need to wash
our hands thoroughly.

Bad bacteria
on our hands
are trying to
make us sick.



But they fear soap!
Let's wash our hands
to scare them away.

We open the catheter
and place it
somewhere near us.



Take care not to touch
the upper part but only the bottom!



We can try different positions
to find the best access to
our urethral entrance.



When found we need to sanitize our
vagina before using the catheter.

Let's check everything one last time:

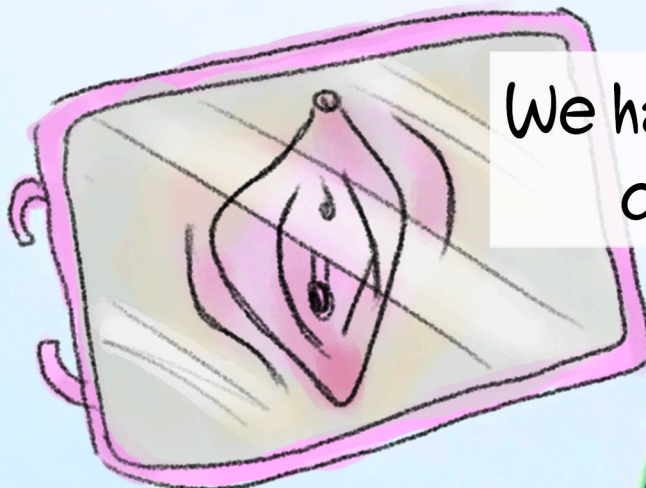
CHECK LIST:



We have washed our hands and prepared the catheter.



We have sanitized our vagina.



We have a good view of our urethral entrance. We use a mirror to see.



Now we're ready to pee!





We put the catheter into our urethra. Now this might be tricky at the beginning.

If it doesn't work the first time, don't panic. Just try again or ask someone for help.

You will learn it by time!



As soon as the catheter reaches our bladder the pee can escape.

After peeing we pull out the catheter partly so even the pee from the bottom can leave the bladder.

We wash our hands
afterwards ...



... and throw the used
catheter in the trash.

All done. Good job!





Now you know
how to use
the catheter!



And we can
go back to playing!



Time to say goodbye,
my friend!

See you soon.
Here's a little
gift from us
for you.







Thank you
to everyone
who helped me
creating this book.

Special thank you
to my advisors
Prof. Dr. Stephan Günzel
and Vladimir Isailovic

as well as to Theresa Perl
and her team from Coloplast.

Thank you!

This book is made
for children with Spina bifida,
to explain their disease and
catherization. It is a first manual
to introduce them to self catherization,
a significant step towards independence.

