Hollister Incorporated would like to extend a special thanks to the Pediatric Continence Nurse Specialists and the Spina Bifida Association of America for their support.
Hello, my name is Holly.

I have problems when I urinate.

I use a special little tube called a catheter that my nurse gave me.
This is a picture of my bladder, ureters, kidneys and urethra.

My bladder is like a balloon inside me that stores urine.
Before I use my catheter, I have to wash my hands.
The catheter goes in my urethra and into my bladder and lets out all the urine.
when the urine has stopped

I slide my catheter out

And wash my hands again.
Now that I've told my story
I hope that you will see
That you can use your catheter
And be healthy just like me.
Use this page to draw your favorite things.