

I got this



Ready, set, grow

Your guide to healthcare
transition in bowel care

Growing up isn't all homework and hormones

Being young comes with a lot of changes, like figuring out who you are and taking on a bit more responsibility. If you're living with a bowel condition, that also means something called healthcare transition, moving from pediatrics to adult healthcare, with new roles to grow into.¹

As a teen, it's about taking more control. For your parents, it's about gradually giving more space.²

It can feel like a lot. But here's the thing: you and your parents are in this together. This booklet is here to guide you, with tips and tools, to make bowel care easier and help you build confidence along the way.



1. Mubanga N, Baumgardner DJ, Kram JJF. Health Care Transitions for Adolescents and Young Adults With Special Health Care Needs: Where Are We Now? JPCRR. 2017;4(2):90-95.

2. Kritikos TK, Stiles-Shields C, Leard RS, et al. Perceived barriers transitioning to adult healthcare among adults with spina bifida. Health Care Transitions. 2024; 100054:1-9.



The earlier, the easier

By starting early, there will be more time to transition your care. It allows you to understand what's going on, ask questions, and slowly take on more responsibility.

Mind your mind

Preparing for adult healthcare isn't just about getting a new doctor.

The shift can feel big and overwhelming for you to take on more; it can be emotionally challenging for your parents to let go after years of carrying the responsibility.

You're not expected to have it all figured out from day one. You and your caregivers don't have to do it alone. Your healthcare provider or clinic can help you with what's next. Asking for help is part of building confidence.

Places to turn when it feels heavy:

- Talk to a therapist or join a support group
- Check out disability services at school, college, or work
- Join camps or groups for teens who get what you're going through

Ask your clinic to write down camps near you:



Scan the QR code and learn more about national support groups for teens like you with bowel care needs
coloplast.to/bowel-support-groups

First things first

Know the basics

Understanding your conditions, treatments, medications, and bowel routine builds confidence.

Track the routine

Knowing the steps, timing, and purpose of your bowel routine helps. To make it easier to remember, try setting a reminder on your phone and note your steps in the back of the booklet.

Speak up

Try asking a question at the next appointment. It shows you're actively involved in your care.



Quick starter

To practice putting it into words, try explaining your condition in your own way to a friend, a teacher, or a parent if that feels more comfortable.





Plan like a pro

Moving from pediatric to adult healthcare comes with a lot of new responsibilities.

One thing that really helps? A healthcare transition plan. Think of it as your personal playbook: it keeps everything organized so you, your family, and your care team are on the same page. Keeping a copy on your phone is smart — it means it's always close at hand.



Scan the QR code to
download the interactive
version of the **Teen
Healthcare Transition booklet.**
coloplast.to/bowel-transition

What to include in your plan

1. Contact info for all doctors and specialists.

2. List of medications and any allergies.

3. Equipment and supplies you use regularly.

4. Emergency protocols and who to call.

5. Your bowel management program.

6. Insurance information.

Additional note pages included in the back!



Practice real-life skills

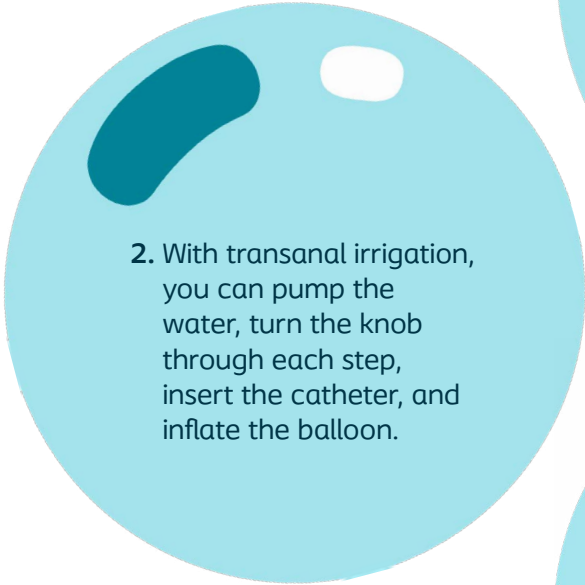
Becoming more independent comes with new responsibilities – both for you and your caregivers. The trick is to start small. Every step builds confidence and makes life easier.

Small steps toward confidence

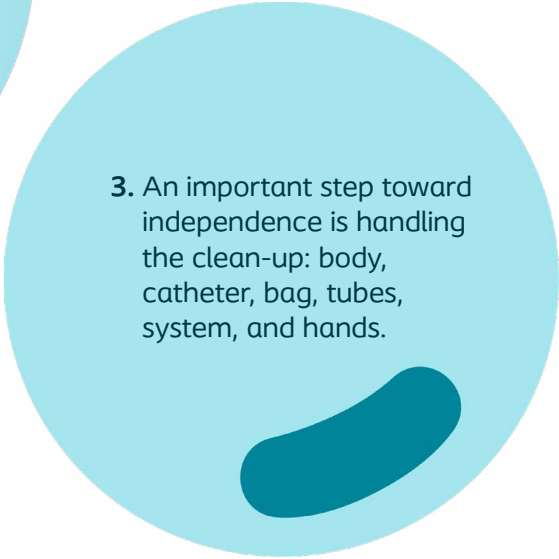
Independence grows bit by bit – bringing everyone closer to that “I got this” feeling. Start small with a few simple steps to help you feel more confident in your routine:



1. A good first step is to get the hang of the setup: getting out the supplies, filling the water bag, prepping the catheter, and attaching the tubes.



2. With transanal irrigation, you can pump the water, turn the knob through each step, insert the catheter, and inflate the balloon.



3. An important step toward independence is handling the clean-up: body, catheter, bag, tubes, system, and hands.

Rule the routine

Your gut doesn't get to call all the shots. With a little practice, bowel care gets a lot easier for you to manage. And that means more freedom to do the fun stuff.



Are sleepovers possible?

Yes, with a little planning. A small "just in case" kit with wipes, supplies, and spare underwear helps you feel more prepared.

The best time for the routine?

Right after meals often works well, but every person is different. Choosing a time that fits your daily life is important.

Is traveling doable?

Absolutely. Planning ahead with a small travel kit and allowing extra time for transport makes travel less stressful.

Do friends need to know?

Not unless it feels right. How much to share is a personal choice. Good friends will respect it.

Who's on your future team?

Moving from pediatrics to adult healthcare means building a new team of professionals who really understand your conditions, your routine, and your needs. It's not something that has to be figured out right away, as you grow older, it helps to start considering who might be part of your team.

You can start by asking your current pediatric team who you should see in the future.



Consider

What have I tried in the past? What worked and what didn't? What should my future team know?





Your future crew

As you transition into taking ownership your providers may change.

A primary care provider (PCP)

Your go-to for overall health. They're the ones who keep track of the big picture and make sure everything connects.

A motility doctor, physiatrist, urologist or bowel specialist

They know the details about your bowel, and can help adjust your routine if things change.

A rehab physician or neurologist (if needed)

They can see how your condition affects your whole body, and can help you with questions related to your bowel management, mobility, strength, and nervous system.

Specialists for equipment and seating (if needed)

They make sure your wheelchair and adaptive equipment fit properly and match your lifestyle, so you can stay comfortable and independent.

The boring, yet important, stuff

Getting closer to adult healthcare also means balancing some of the behind-the-scenes responsibilities your caregivers have managed, such as insurance and legal rights.



Good to know

- Medicaid transition differs by state, and ranges from 18-21
- You may stay on your parents insurance until you are 26, but must roll off at 26

Write down the supplier who ships your products:



Quick starter

Many insurances will allow supplies to be ordered on a 90-day supply, but this may vary by plan. Check with your supplier if you don't know when you can order next.



You've got this

Healthcare transition doesn't happen overnight. It's a process. And every small step you and your caregivers take together gets you closer to feeling confident and in control.

Some days will feel easy, others might feel overwhelming. And that's completely normal. Take it slow and ask for help when you need it. And remember: you don't have to figure it all out on your own.







A blank sheet of lined paper with horizontal ruling lines, intended for writing or drawing.



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Get going



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