

# I got this



## Be the boss of your bowel care

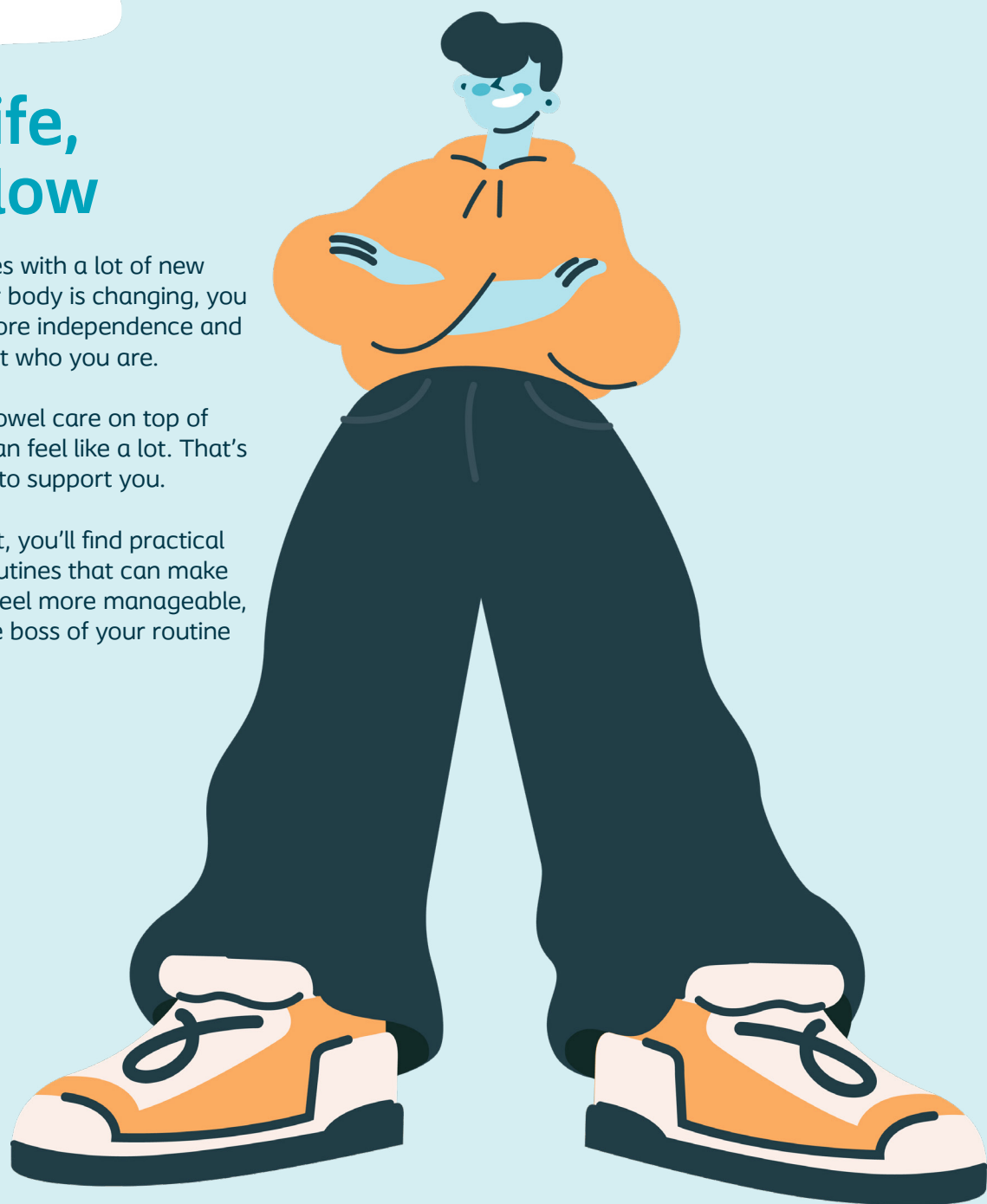
A teen's guide to owning their bowel care

## Your life, your flow

Growing up comes with a lot of new experiences: your body is changing, you probably want more independence and you're figuring out who you are.

Managing your bowel care on top of everything else can feel like a lot. That's why we are here to support you.

Inside this booklet, you'll find practical tips, tools, and routines that can make your bowel care feel more manageable, so you can be the boss of your routine with confidence.



# Everyone's figuring stuff out

Living with bowel dysfunction can be challenging. Whether it's constipation or incontinence, it impacts both your body and your mind.


Some days it's fine. Other days, it feels like... a lot. You might think: "Why me?", "Will people notice?" or "Will I ever feel 'normal'?" But here's the thing: you're not the only one.




An estimated  
**9.5%**  
of children and teens  
worldwide live with  
constipation.<sup>1</sup>

# Create confidence in your routine


Managing your bowel care gets easier with consistency. It's all about finding a routine that works for you, giving you more control over your body, freedom from accidents and confidence.




Taking control of your bowel care routine may help you feel more secure at school, with friends and during activities.



Spend less time worrying and more time doing what you love.



Your body likes routine. Create one for your bowel care that fits your life.



Feel confident in your body. Consistency in your bowel routine will give you peace of mind from bowel accidents.



## How to be the boss of your bowel care

You have a lot going on and bowel care doesn't have to boss you around. The good news? With a few smart habits and some practice, you can make it feel a whole lot easier.

Flip the page to find tips that can help you stay in control, build confidence in your routine, and keep living life your way.

# Rule your routine

What is the best way to make bowel care less stressful? Find a rhythm that works for you.

## Pick your time

Aim for the same time each day. For many people, going after a meal or when there's no rush works really well.

## Set yourself up

Try using a footstool to raise your legs. It can help your body empty your bowels.

## Your say

Sleepovers, day trips, or hanging out with friends can feel tricky. Decide for yourself what (if anything) you want to share about your routine.

## Stay active

Moving a little goes a long way. Whether it's a stroll, a roll, or another light activity, it can help your bowel routine.

## Travel smart

Trips, holidays, or school excursions? Pack your kit with wipes, supplies and spare underwear. A little planning means fewer surprises on the go.





## Track what's going on

Noticing patterns can make a huge difference. A simple diary helps you stay one step ahead.

- 1** Write down when you go, how it feels, and if anything unexpected happens.
- 2** Use tools, like our bowel diary, to build and understand your routine.
- 3** Note any diet or medication changes. It helps your doctor tweak your plan.



Scan the QR code and download our bowel diary to build your personal routine.  
[coloplast.to/bowel-diary](https://coloplast.to/bowel-diary)

# Fuel your body

What you eat and drink can really affect how your bowel works, and how comfortable you feel day to day.<sup>1</sup> It's not about strict rules. It's about finding the balance that keeps you comfortable.



### **Balance your meals**

Fiber from fruit, veggies, and whole grains helps, but too much at once can cause gas or bloating.

### **Get your protein**

Lean meat, fish, eggs, beans, and nuts help you stay strong and recover after busy days.

### **Spot your triggers**

Some foods can make stools looser, harder, or create more gas. Notice what affects you.

### **Tricky treats**

Fast food, sugary drinks, and sweet snacks can sometimes mess with your bowel and cause diarrhea or discomfort.

### **Eat regularly**

Skipping meals can mess with your routine.

### **Listen to your body**

Everyone is different. What bothers someone else might be fine for you.



### **Quick tip**

Stay hydrated. Drinking water keeps stool softer and easier to pass.



The background is a solid teal color with several white, stylized cloud shapes scattered across it. The clouds vary in size and shape, some appearing as simple outlines and others as filled-in shapes.

# Get involved, get confident

Growing up comes with new freedoms — and new responsibilities. Learning to manage your routines independently is an important part of the journey. With support from parents and doctors, each bit of progress builds confidence and control. This is your body, your routine. You've got this.

- Practice your routine until it feels normal
- Plan your routine around school, sports, and hangouts
- Set reminders or alarms so you don't have to think about it all the time
- Choose wipes, underwear, or supplies that make you feel comfortable

# Socialize your way

Hanging out with friends is a big part of being young. Having a bowel routine doesn't change that. With a small "just in case" kit, you can feel ready for whatever the day brings. Feeling prepared makes it easier to relax and enjoy your life.



## Tips for socializing with confidence:

- Bring your "just in case" kit when you're out for the day
- Think about timing your routine, so plans don't get interrupted
- Decide what (if anything) you want to share about your condition — and with who
- Remember, lots of teens are managing similar routines too, even if they don't talk about it



If you want to meet others who get what you're going through, you can scan the QR code and learn more about camps and groups for teens with bowel care needs.

[coloplast.to/bowel-support-groups](https://coloplast.to/bowel-support-groups)

# Lean on your support system

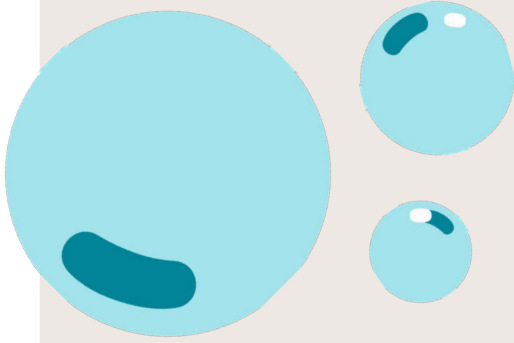
You don't have to figure this out alone. At school, you can talk to your teacher or nurse about a care plan that works for you. With friends, you decide what you want to say about your routine. Sometimes a little openness can make things feel easier.



## Quick starter

Try explaining your condition in your own words. If it feels difficult, your parents can help by writing a note for you.

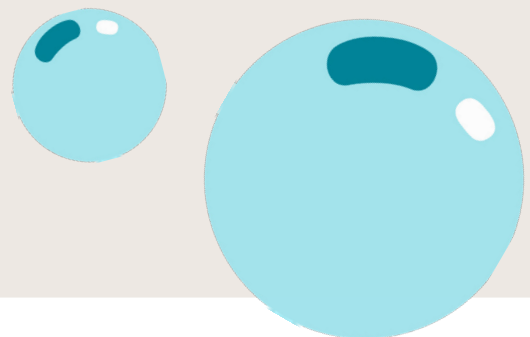




## Consistency is key

Your body likes routine, and some days your body's routine is off. That's okay.

Remain consistent with the time you do your routine and know that "off" days are normal for everyone.





## Got more questions?



### Delivering Personalized Care Solutions. Simply. Reliably. For You.

Coloplast Care is a **free product and lifestyle support program** that provides help and education when you need it, supporting your bowel care routine, including support for Peristeen Plus users.

Contact Coloplast Care today

Call **1-855-605-7594** or scan the QR code

(Monday-Friday 8:00 am - 6:00 pm CT)

[peristeen@coloplast.com](mailto:peristeen@coloplast.com)



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