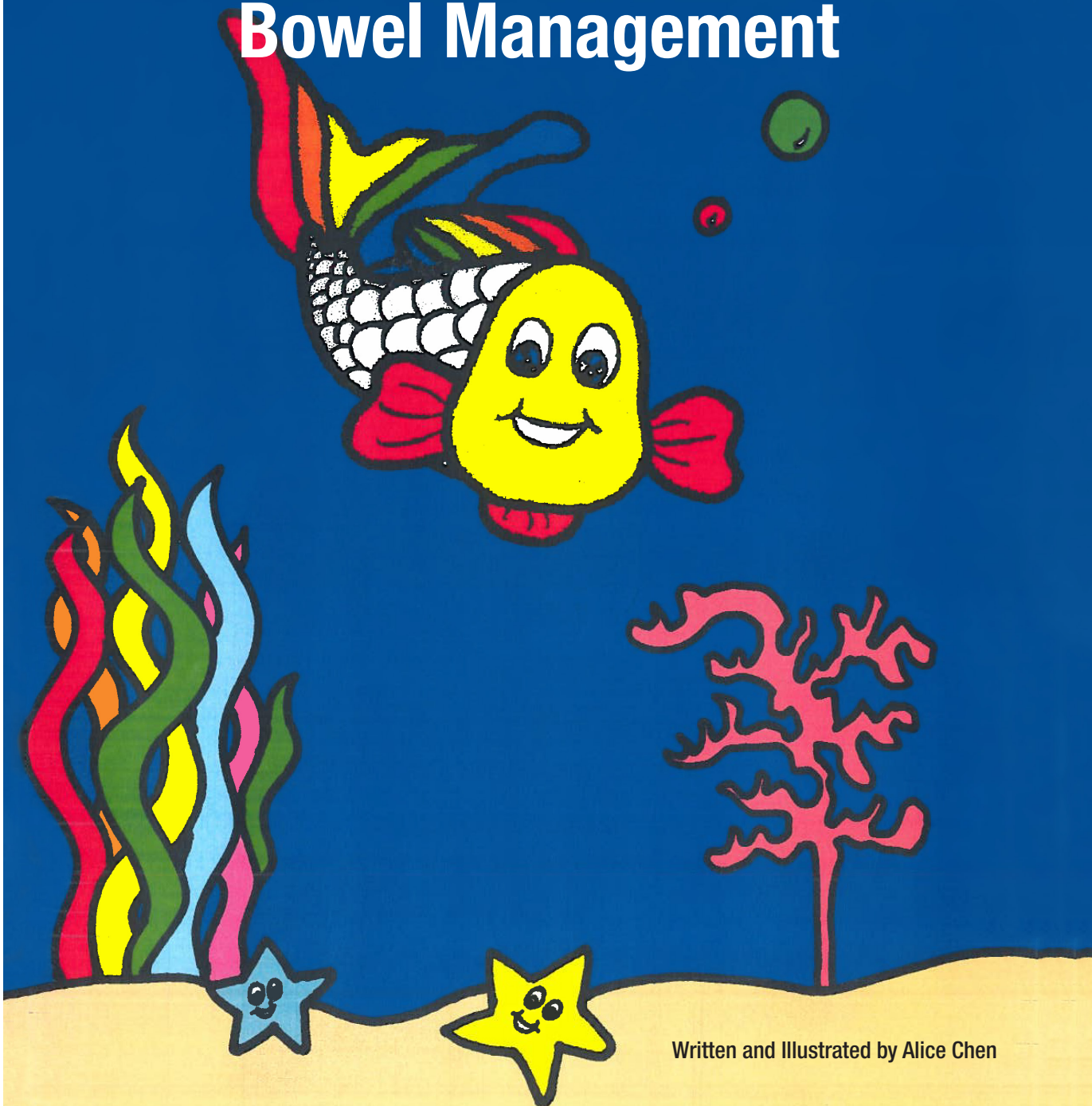


A Rainbowfish's Guide to Bowel Management



Written and Illustrated by Alice Chen

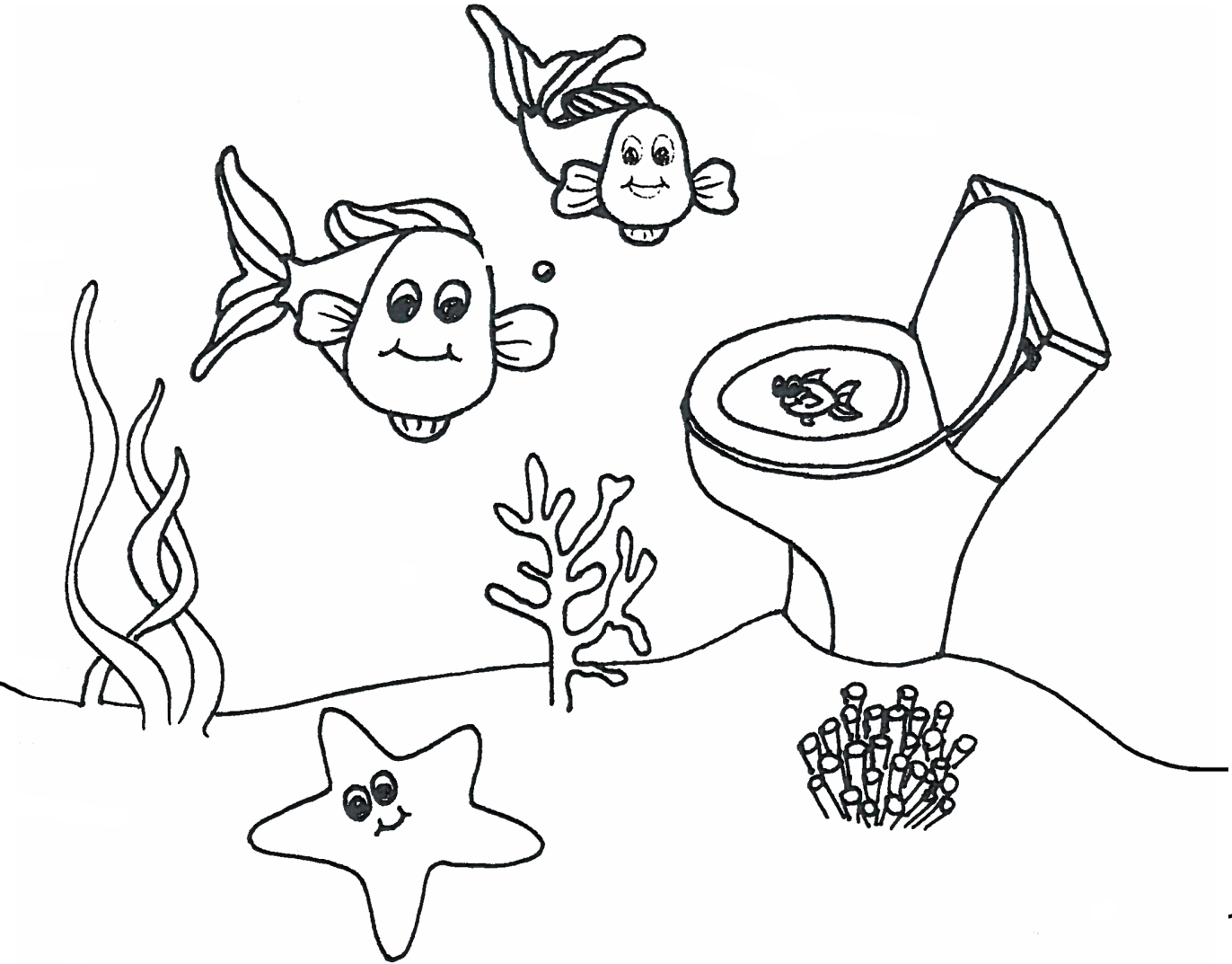
The Story of the Rainbow Fish

In Marcus Pfister's children's book, *The Rainbow Fish*, the main character is a fish whose scales incorporate all of the colors of the rainbow. He is bright and beautiful, and admired by all of the other fish in the ocean whose scales have no color at all. One day, the rainbow fish is approached by another fish who asks if he might have one of the rainbow fish's colors. Willingly, the rainbow fish gives one of his colored scales away. Word spreads among the other fish in the ocean. They subsequently each begin approaching the rainbow fish about receiving one of his colored scales. The rainbow fish obliges. Eventually, the rainbow fish gives away all of his colored scales, and the ocean is full of beautiful fish of all shades.

The doctors and nurses in the Center for Colorectal and Pelvic Reconstruction at Nationwide Children's Hospital are passionately committed to helping children with colorectal problems as well as educating other teams around the world in how to care for these conditions. They try hard to emulate the role portrayed by the rainbow fish.

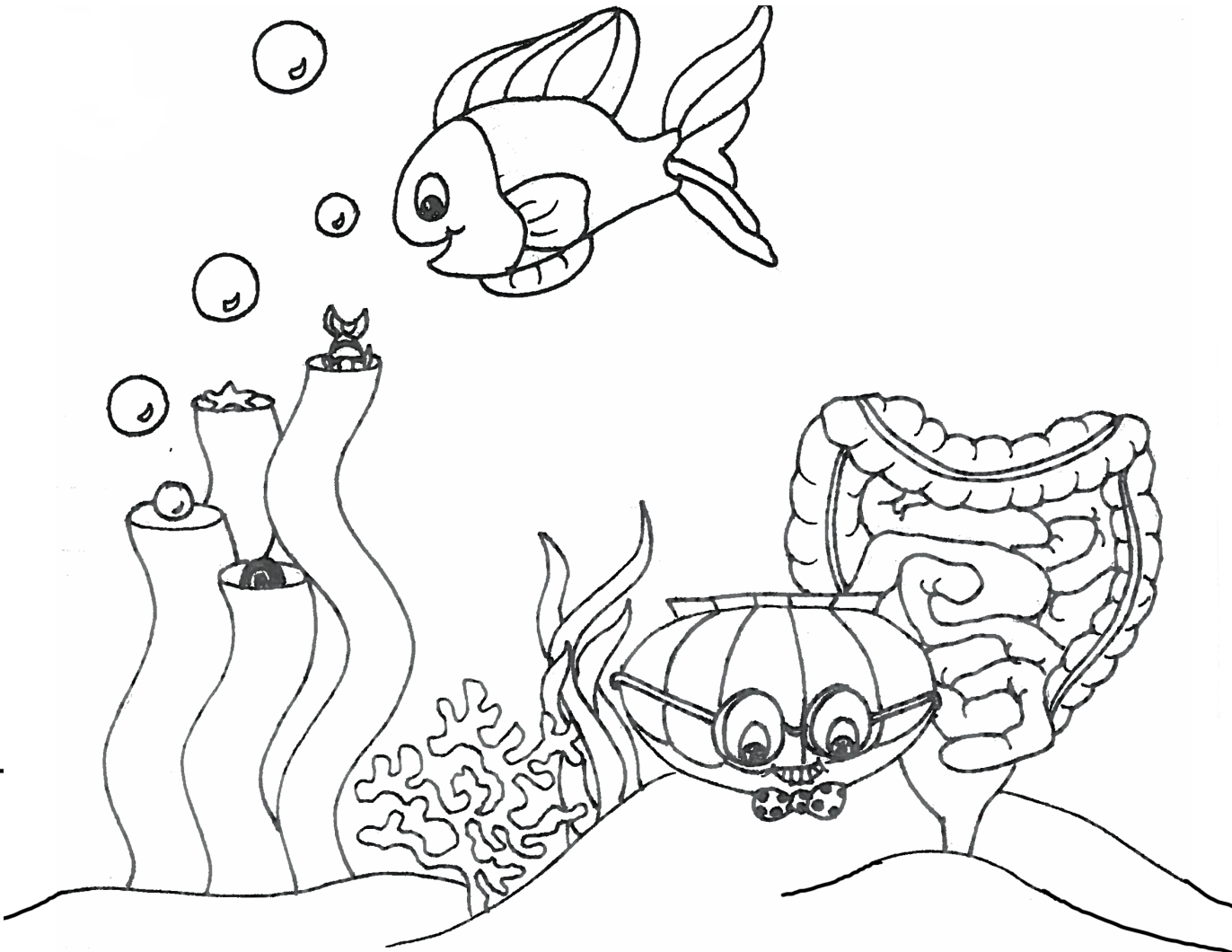
Like the many colors of scales the rainbow fish shares, there are also many different types of colorectal problems forming a broad spectrum of challenges. With these concepts in mind, the Center for Colorectal and Pelvic Reconstruction offers the following coloring book for patients and families to enjoy.

Why do I have accidents?



Your body is made up of many pieces that all work together. One of those pieces, called a colon, is supposed to push your poop out. Your colon can't push all of your poop out without help, making you sometimes have accidents. But there are ways you can try to help your body stop having accidents!

Why is my colon different?



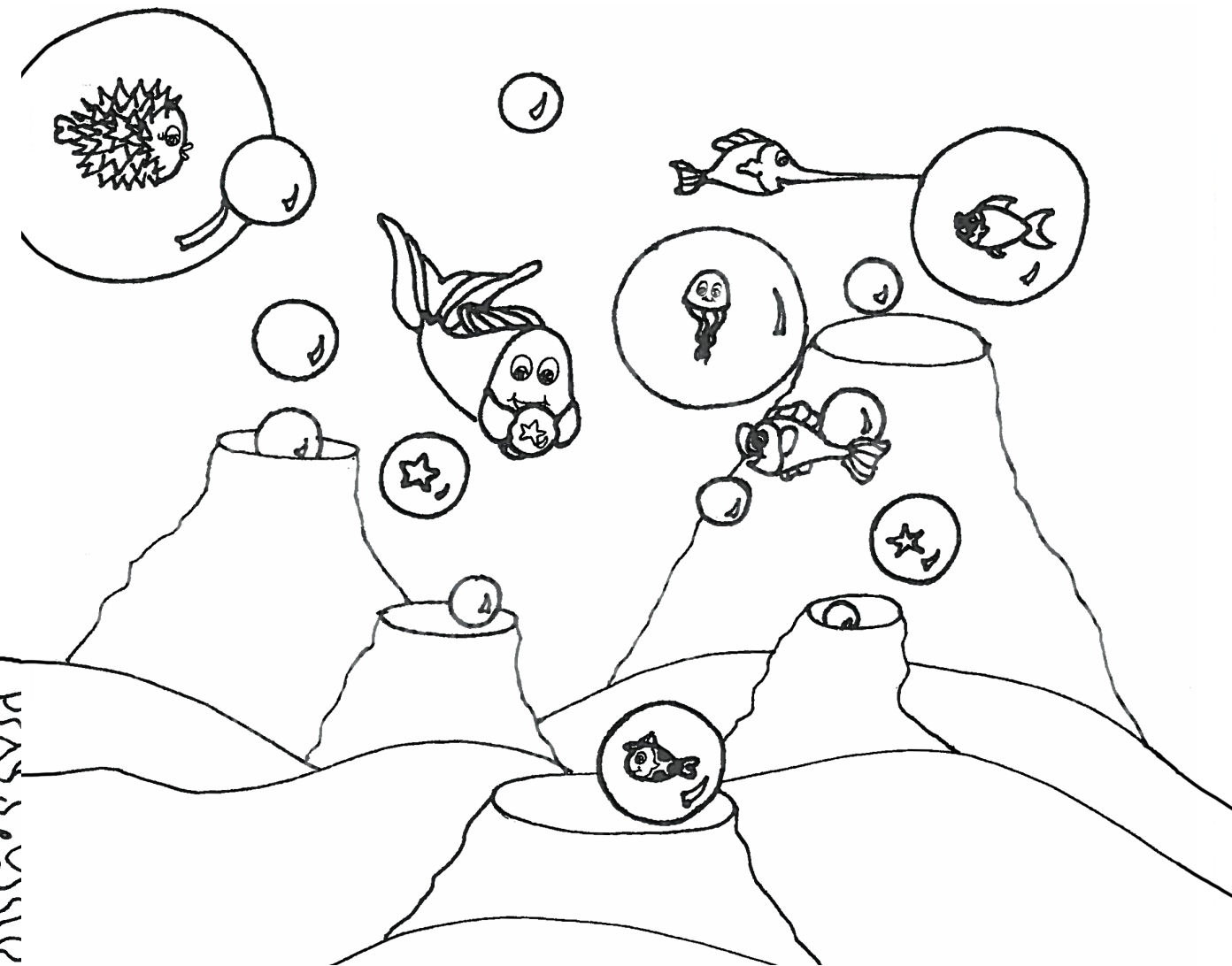
Everybody is made differently, and that's what makes us special. Your colon may either move too fast causing watery poop or move too slow making it hard to poop on your own.

What will my friends think about my accidents?



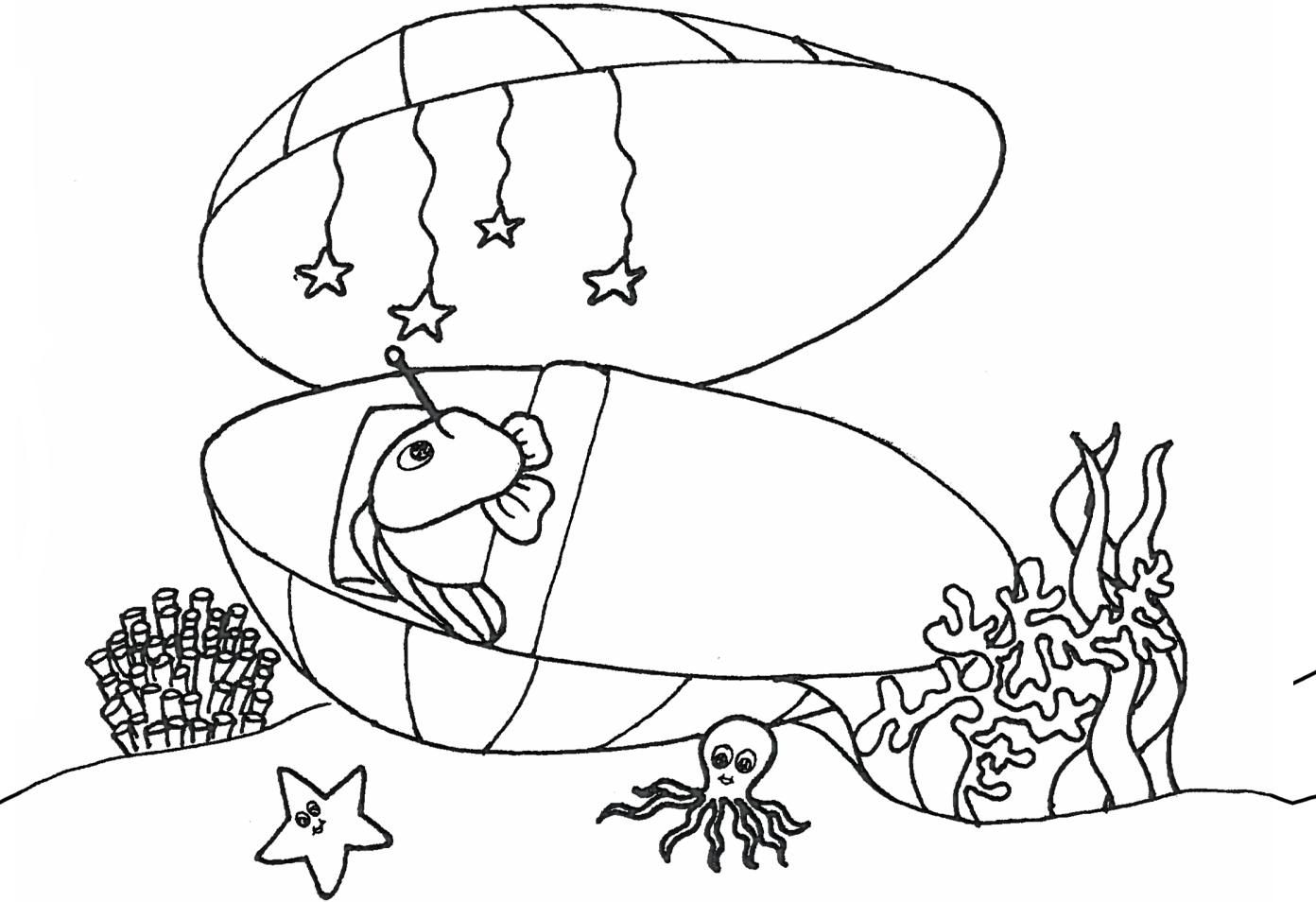
Pottying is something that is usually done at home and is not always talked about with friends. Everyone has accidents sometimes, but with the right help you won't have to worry about them anymore.

How do I stop having accidents?



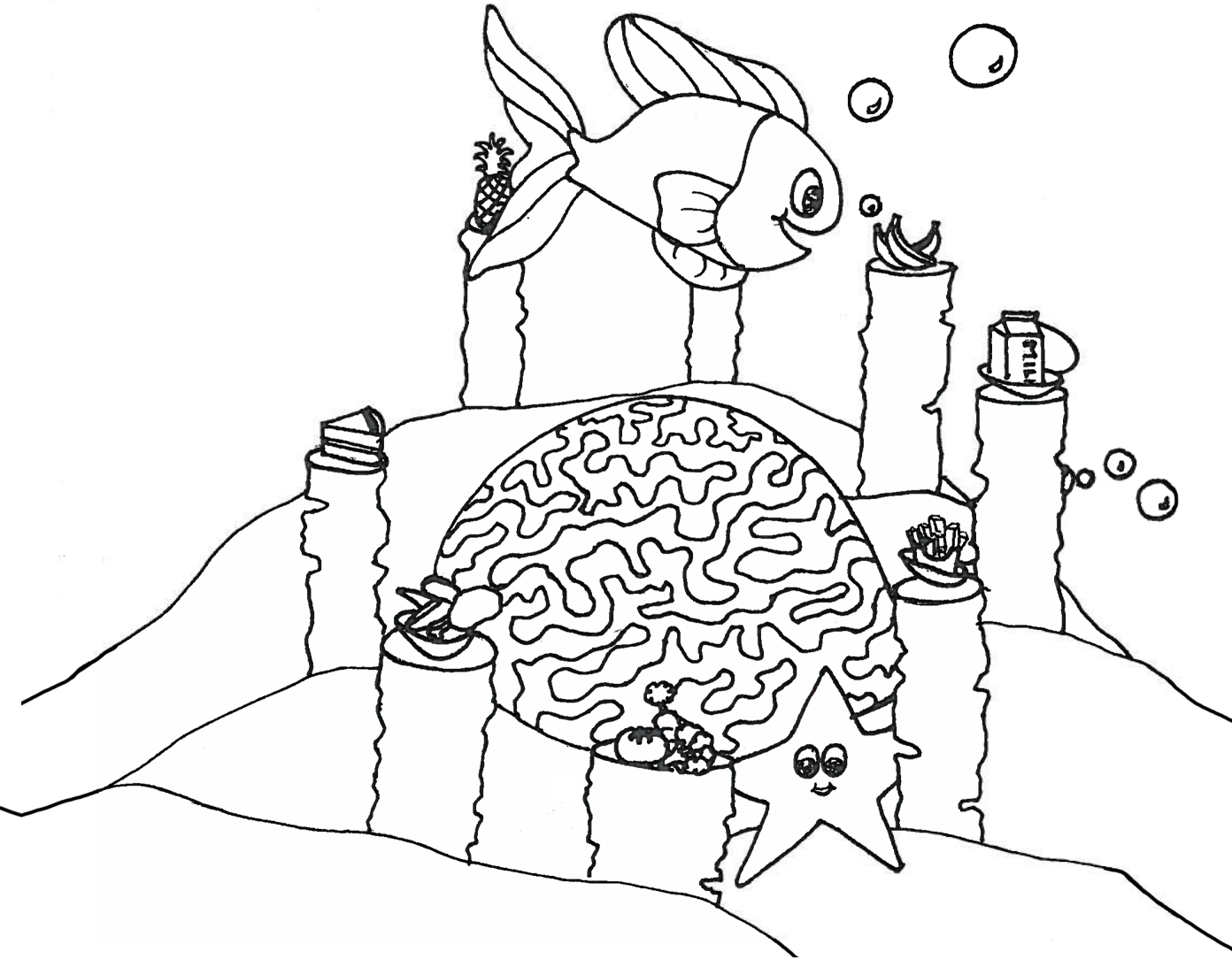
With special potty training using a daily enema, eating certain foods or taking medicine a doctor has picked out for you, you should be able to go to school, play with friend or do anything you want without having accidents! This is part of what makes you special, even if it's not fun sometimes.

Why do I have to take medicine every day?



The medicine will help your body get clean of poop after you eat. This medicine helps your colon work the way it's supposed to. This will help you stop having accidents!

Why do I have to eat special foods?



Some kids can't eat everything they want because it might make them feel bad. A special food list made for you helps keep you clean and healthy. It will empty your body of poop after you eat. There are many foods you can eat that are good for you and are tasty too!

What is an enema?



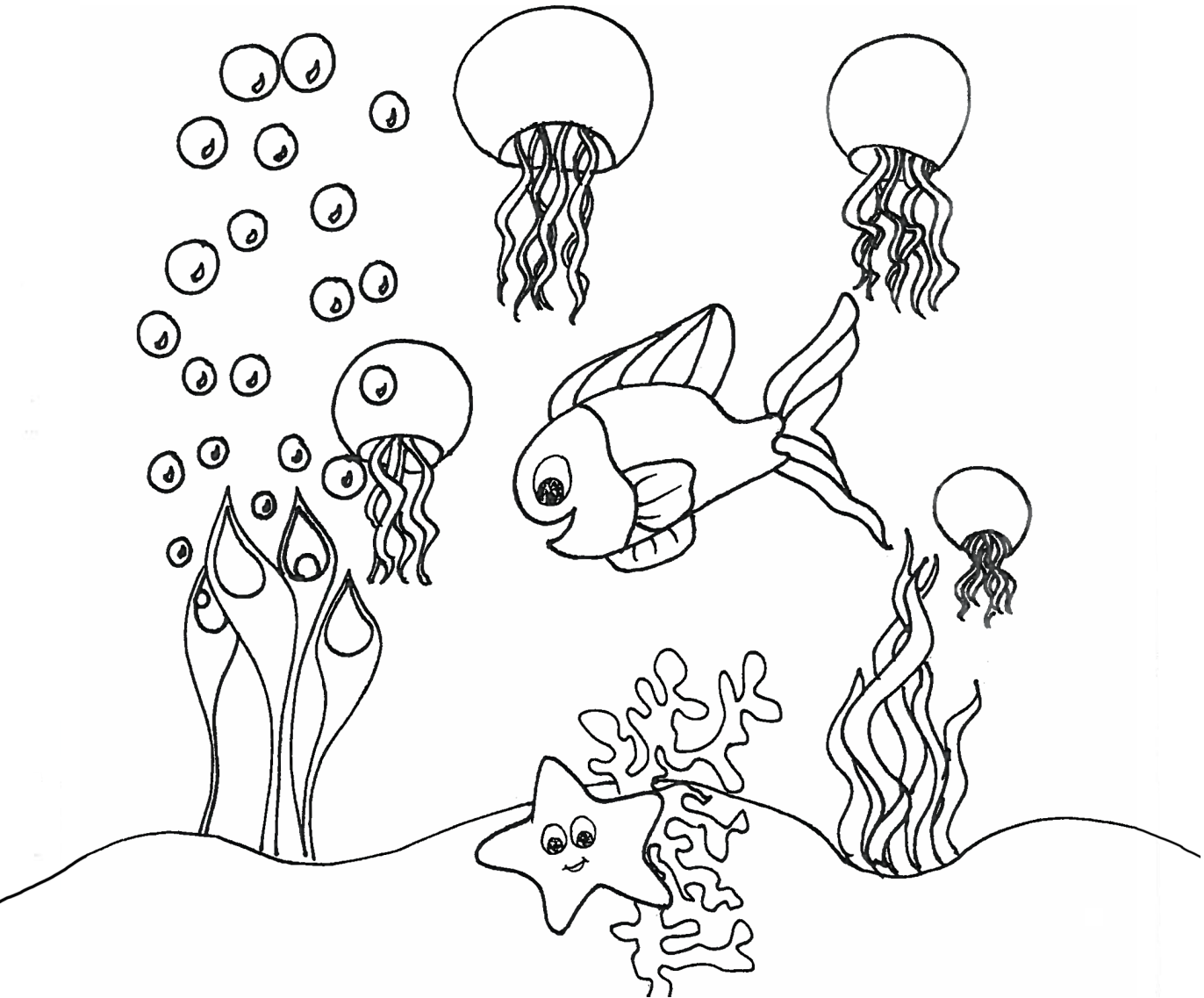
This is special water that will help clean your colon of poop and let you play and go to school without worrying about having any accidents! This enema will have to be done every day, but it can even be fun because you can play with toys, read or even watch TV while sitting on the potty!

Does having an enema hurt?



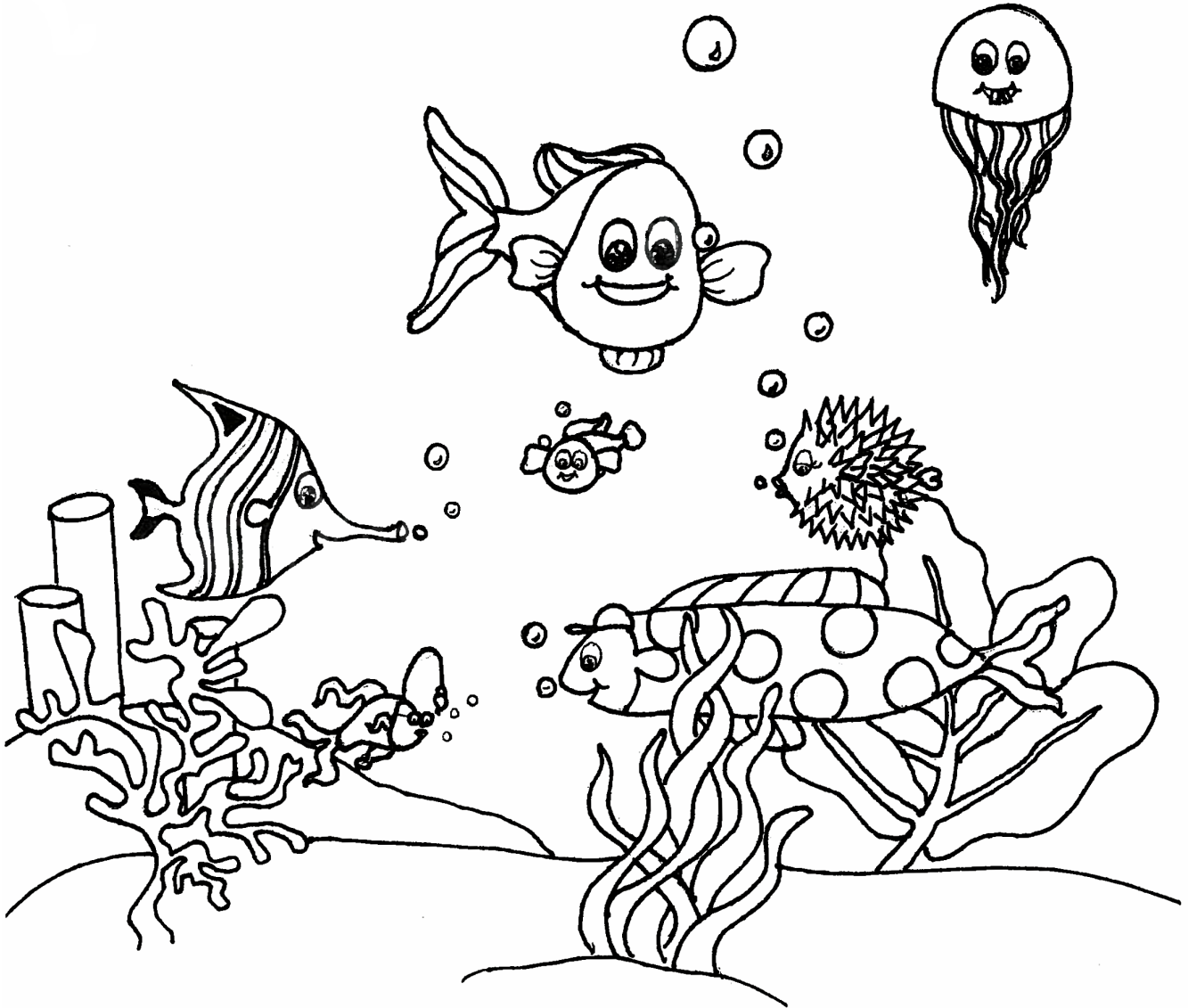
No, getting an enema should not hurt. It may feel a little different at first, but most kids quickly get used to how it feels. We use a small, soft straw to put special water into your bottom to help you poop. Once all of the water is in your bottom, you will sit on the potty until your body is clean of poop.

Why do I have to get an enema every day?



Getting the enema every day helps keep you from having accidents. Every time you eat, your body makes a new poop, and we have to use the enema to help it flush that new poop out.

Are there other kids like me?



People come in many shapes and sizes, but there are lots of other kids, like you, who need enemas, special foods or medicine to not have accidents.

About the Center for Colorectal and Pelvic Reconstruction

The Center for Colorectal and Pelvic Reconstruction is the busiest center in the world that formally integrates all specialties involved in providing complete care

of the colon, rectum and pelvis in kids, joining the teams for Colorectal Surgery, Gastroenterology/Motility, Urology and Gynecology. The center performs nearly 1,000 colorectal procedures every year on patients from all over the United States and the world.

At Nationwide Children's, every child diagnosed with a colorectal condition is handled with an individualized treatment plan. Because of the complexity of many conditions related to the colon and rectum, some children require care throughout many lifetime milestones. Our team is committed to providing optimal outcomes and quality of life from the newborn period, through potty training, puberty, sexual function and childbearing.

Nationwide Children's Hospital
700 Children's Drive | Columbus, OH 43205-2696
NationwideChildrens.org/CCPR

Phone: (614) 722-4086 | **Fax:** (614) 722-3903
Email: CCPR@NationwideChildrens.org

**For more information, visit this website
NationwideChildrens.org/CCPR**

