



Intermittent Catheterization

The Basics

An intermittent catheterization (IC) is when a catheter is inserted into the bladder, left in long enough to empty the bladder and then removed. ICs are generally completed every four to six hours.

- 1. Catheter types (straight catheters, pre-lubricated, closed kit, etc.) are recommended based on:**
 - Medical Need:
 - Your doctor decides the type of catheter based on body type and special concerns.
 - Function:
 - How much movement and control you have in your hands and body.
 - Cost:
 - What is affordable for you based on possible co-pays and reimbursement costs.
- 2. Many people find that their insurance coverage for catheters changes over time. Changes in insurance provider coverage, work status, and/or Medicare or Medicaid benefits can affect costs.**
 - When coverage changes, your monthly supply bill and/or your catheters may change. Consider how this will impact your out-of-pocket expenses in the future.
 - Straight catheters are the most cost-effective choice.
 - Closed systems (lubrication, bag and connection tube together) are much more expensive.
 - Check with your case manager and supplier for cost information.
 - Have a backup supply of straight catheters in the event of emergencies, gaps in insurance coverage or supplier issues.

Training Basics

- **You need to demonstrate the ability to complete straight catheterizations using:**
 - **lubricant**
 - **leg bag**
 - **connector and**
 - **one of three approved cleaning methods:**
 - **soap/water with washcloths;**
 - **wipes containing benzethonium chloride (WetOnes®); or**
 - **medical or post-operative skin cleanser (Theraworx®).**
- In bed in the hospital or in a regular bed.
- In your wheelchair in the hospital and in the community.
- **Be prepared for emergencies! Straight catheters are the only type of device you can repeatedly use, wash and store in an envelope or paper bag for up to seven days.**
 - The ability to complete straight catheter use and storage ensures you are prepared for any unexpected interruption to catheter delivery, including natural disasters, shipment delays or gaps in insurance coverage.