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.

For more information contact your case manager and visit: myshepherdconnection.org