Travel with Confidence



A Complete Guide for Catheter Users

180° MEDICAL

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Introduction

Whether you're planning a vacation, visiting family, or preparing for a day away from home, traveling with catheter supplies can feel easier with the right preparation.

This catheter travel guide includes practical tips from real catheter users, helpful travel resources, printable packing checklists, and travel communication cards to help you plan ahead and feel more confident while you're away.

If you have questions about your catheter supplies or upcoming orders, call us at **(877) 688-2729** or email **info@180medical.com**.

Happy Travels!

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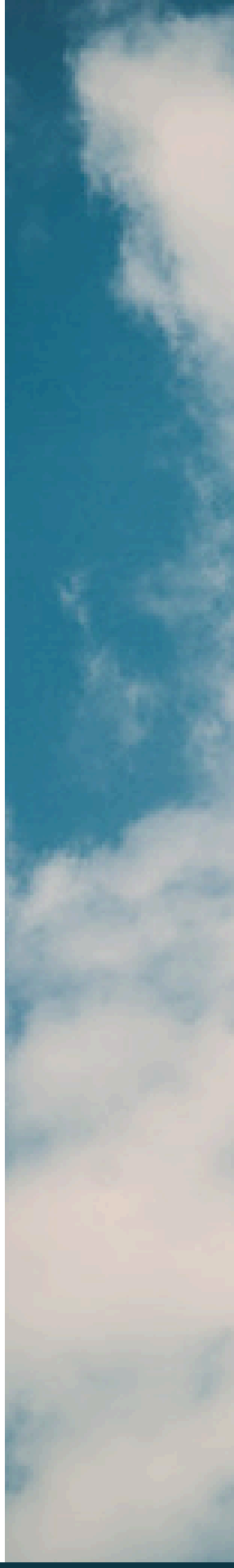
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You can print out these helpful resources, including a travel checklist, travel and restroom communication cards, and a customizable emergency contacts list.





Disclaimer: *This content is not intended to substitute for professional medical advice, diagnosis, or treatment. Please do not use it in place of a visit or consultation with a qualified healthcare provider.*

1 Finding the Right Catheter

Many people who need to use catheters think they'll have to give up traveling and stay close to home, but that's not the case. Intermittent catheterization may help provide more freedom and flexibility to travel.

180 Medical customer Duane shares that he discovered "intermittent catheterization can free you from attached leg bags and bulky drainage bags associated with Foleys and external catheters. You can leave home, drain your bladder, and keep it private."

Duane, like many other 180 Medical customers, travels regularly via car and airplane for various conventions and vacations across the country.



3 Quick Tips for Finding the Right Catheter

Before you embark, make sure you're using the right catheter for your unique needs. 180 Medical offers a wide variety of discreet, travel-ready intermittent catheters.

Our friendly Product Specialists can walk you through which travel catheter options are available to you based on your insurance plan's coverage. Plus, we can provide free samples!



Choose a catheter that is compatible for your travel plans, lifestyle, and activities.

For example, if you'll be traveling with others, you may want a compact catheter that you can discreetly carry.



Prioritize comfort and ease of use.

You'll want a catheter that is comfortable for you and easy to open, insert, and remove. A pre-lubricated or hydrophilic catheter may offer a smoother experience, while a closed system catheter can provide a hygienic disposal option.



Remember to talk to your prescribing healthcare professional.

Before you set off on your travels, talk to your healthcare provider. They may have recommendations based on your individual needs and medical history.

Travel Catheter Options

When you're traveling, there are a few things to consider: your privacy, how easily you can pack and carry your supplies, and how hygienic your catheter is to use on the go or in public restrooms. 180 Medical offers a wide variety of options from all brands and types.

Uncoated straight catheters



Female length straight catheters are usually around 6 to 8 inches, which makes them easy to pack and carry discreetly with lubricating jelly packets. Male length catheters are longer (16 inches) but some options come in discreet packaging, such as the U-shaped Cure Catheter.

Pre-lubricated or hydrophilic catheters



These travel-friendly catheters come in compact designs to maintain your privacy when you're on the go. Pre-lubricated catheters come ready-to-use, while hydrophilic catheter options activate within seconds, providing a smooth, hassle-free experience.

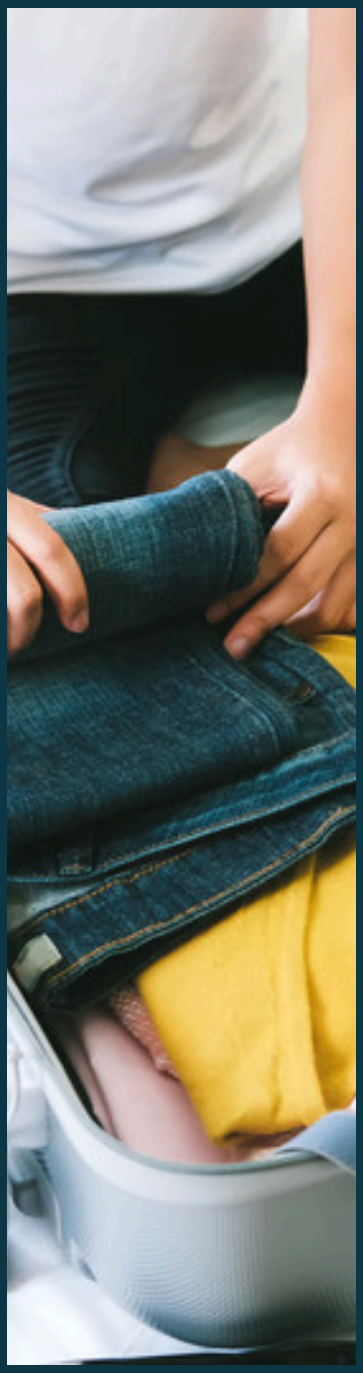
Closed system catheters



For the ultimate in travel convenience, closed system catheter kits feature an all-in-one touch-free design with an integrated collection bag and insertion supplies, making catheterization in public restroom or limited access areas a breeze.

Please note: Not all insurance carriers will cover advanced products like closed system or hydrophilic catheters. To find out your insurance plan's catheter coverage, reach out to 180 Medical.

2 Preparing for Your Trip



Now that you're ready to start planning, it's a good idea to sit down with a travel checklist and calculate how many catheters and supplies you'll need to pack for your trip.

Your travel preparations will depend on a few things:

- Where you're traveling
- Your method of travel (airplane, car, etc.)
- How long you'll be away from home

We Can Help!

Traveling to a destination in the United States for an extended stay but don't want to pack all your supplies in your luggage?

Contact 180 Medical to see if we can ship your normal order to your vacation address.

Calculate Your Supply Needs

The last thing you want on a vacation is to run out of catheters. Although 180 Medical may be able to help you out in a pinch, it's a good idea to plan in advance for how many catheters you'll need to pack.

How many times per day do you catheterize on average? Multiply that by the number of days you'll be away from home. For example, if you typically use 4 catheters per day, and you'll be away for 10 days, then you should pack 40 catheters at minimum. Be sure to include all the supplies you regularly use, including lubricating jelly packets, disposable gloves, disinfecting wipes, etc.

And don't forget to pack extras (at least a few more days worth) in your carry-on bag in case of emergencies.



> **"I like to keep backup catheters in my pockets, my suitcase, the glove compartment of my car, so I'm always prepared."**
>
> **Michele**
> **180 Medical Customer**

Once you've got an idea of how many you'll need to take with you, use this guide's included printable travel checklist to start your personalized packing list and ensure you have everything you need for your trip.

Flying? Know the TSA Guidelines Before Your Trip

If you're traveling by airplane, be prepared for the TSA (Transportation Security Administration) security lines, but don't worry. Plenty of people who use catheters fly on planes every day with no problems. With some advance planning, you'll be ready to take to the skies.

1

Bring a Travel Card

To expedite your security screening, use the included travel card in this guide to communicate the necessity of your supplies.

2

Organize Your Supplies

Pack your catheter supplies in a dedicated compartment or pouch in your carry-on bag for easy access. Be sure to bring extras along in case of the unexpected.

3

Follow 3-1-1 Guidelines

Place liquids like lubricating jelly or hydrophilic catheters with included water sachets in a transparent, resealable quart-sized bag for screening.

4

Contact TSA Cares

TSA Cares provides support for travelers with disabilities and medical conditions. It's recommended to contact TSA Cares at least 72 hours before your departure.

A Few More Quick Tips to Prepare for Your Trip

If you're traveling to a new destination or if you require special accommodations, make a plan in advance with these suggestions.

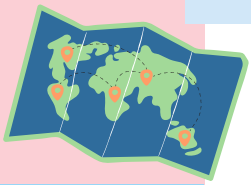
DO YOUR RESEARCH

Get familiar with the location of accessible public restrooms, hospitals, and pharmacies near your accommodations and planned activity sites.



MAKE AN EMERGENCY CONTACTS LIST

Include your doctor and any other important contacts on a written list in case of an emergency.





CARRY YOUR CATHETERS WITH YOU

If you need to catheterize multiple times per day, be sure to bring along your supplies wherever you go during your daytime outings.

CONSIDER YOUR ACCOMMODATIONS

When booking your hotel or rental, be sure to request an accessible room if needed and ask about options to make your stay comfortable, such as a roll-in shower for a wheelchair.





MAKE A TRAVEL PLAN & LISTEN TO THE LOCALS

Be sure to check travel advisories before booking a trip to an unfamiliar destination. Check out online forums and blogs to see what the locals say about safe and interesting places to sight-see, eat, shop, and more.



3 Staying Discreet & Hygienic

Whether you're sight-seeing on a short day trip, taking a long vacation, or traveling to see loved ones, you want your experience to be enjoyable and worry-free.

While we want to assure you that using catheters is nothing to be embarrassed about, it's understandable if you want to keep your medical supply needs private. We offer some helpful tips for keeping your catheters discreet in this guide.

Plus, you'll find some pointers for keeping your catheterization process as sterile as possible while away from home.

Top 5 Tips for Keeping Catheters Discreet

Whether you're at a hotel, at a friend's house, or using a public restroom, you may wonder about the challenges of keeping your catheters private while away from home.

Here are a few tips to maintain discretion and comfort while traveling with catheters.

Seek out public restrooms with accessible stalls so you have enough space to use your supplies comfortably.



Use an opaque bag for discreet disposal of used catheter supplies. A brown paper bag or small plastic trash bag should work well.

Carry your supplies discreetly by choosing a stylish messenger bag, backpack, tote, or briefcase.





Will you be camping away from easily accessible restrooms? Try a portable pop-up privacy tent and use an attachable urine collection bag or closed system catheter.

Choose a discreet travel-sized catheter that you can easily pocket or carry privately during the day.



Keeping It Clean & Maintaining Good Hygiene



When traveling with catheter supplies, it's essential to maintain good hygiene to prevent urinary tract infections (UTIs) and other complications. However, it can be more challenging when you're away from the comfort of your own home. In this section, we'll explore some tips and tricks for maintaining proper hygiene.

> **"To keep yourself on schedule, set reminders on your phone or smartwatch so you'll be sure to never miss a catheterization."**
>
> **Mason**
> **180 Medical Customer**

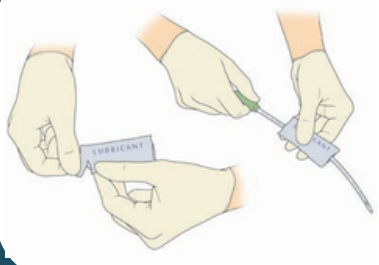


Also, keep in mind that it's important to stay on track with your prescribed catheterization schedule. We know it's not always easy when you're traveling. But following your doctor's orders may help you avoid infection and possible complications.

You may have to make some adjustments to your day-to-day schedule while traveling, but setting a reminder can help you remember when it's time to cath and find a private spot or public restroom.

4 Easy Tips for Catheter Hygiene On the Go

Here are some tips that may help you maintain a more hygienic cathing environment, no matter where you go.



Practice lubricating your straight catheter without directly touching the tube.

180 Medical customer Anthony says, "When lubing the catheter, I cut both ends of the lube packet, then I push the catheter through it and pull it back to get an even coating."

Use a closed system catheter with insertion supplies like gloves and disinfecting wipes.

Steve, 180 Medical Patient Advocate, frequently travels, and he says that he prefers closed system catheters because "they help keep your hands from directly touching the part of the catheter that you insert into the bladder."





Choose a catheter that may help reduce the risk of hand contamination.

A no-touch catheter with a guide sleeve or a self-contained closed system catheter may provide the best protection from hand contamination. Talk to 180 Medical about your options based on your insurance coverage and prescription.

Wash your hands thoroughly before and after catheterization or use sanitizer.

If you don't have access to a clean sink with soap and water, you can use hand sanitizer or carry some additional supplies. Richard shares, "I keep clean water, soap, hand sanitizer, and gloves in a small tub in my car."

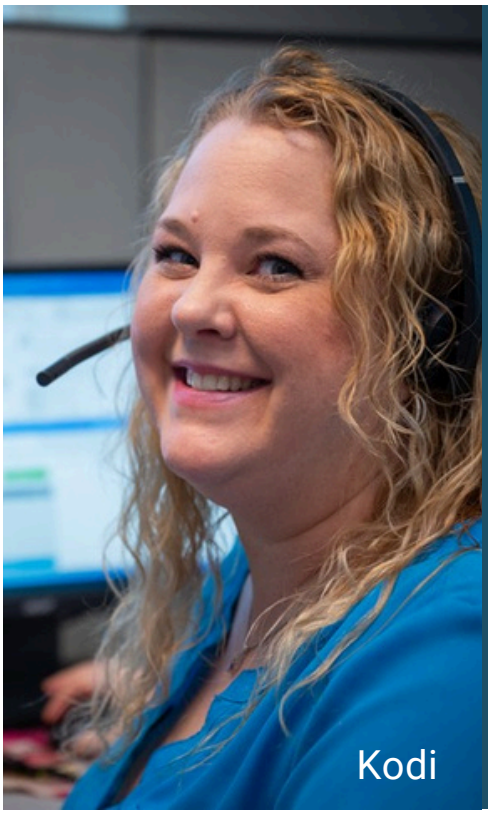


Helpful Resources for Traveling with Catheters

Traveling with catheters may seem daunting at first, but we hope these tips and resources will help you tackle your future trips with confidence!

To assist you, we've included a printable Catheter Travel Communication Card, which can help you navigate airport security. The Travel Checklist may help you make your packing list. Also, you can use the included Emergency Contacts sheet to write down who to contact in case of an emergency.

We hope this makes your travels as a catheter user as stress-free and enjoyable as possible. Feel free to reach out to 180 Medical's friendly, trained Product Specialists if you have any questions or would like to try free samples of catheter product options. We're ready to serve you!


Kodi

By choosing 180 Medical for your catheter supply needs, you get:

- Free samples & free shipping
- Friendly, personalized service
- Access to all brands of catheters
- Easy reordering options
- Ongoing support & education

Call Toll-Free: (877) 688-2729
Email: info@180medical.com

Travel Checklist

Documents

- ○ Passport
- ○ Boarding pass
- ○ Driver's license / ID
- ○ Health insurance cards
- ○ Copies of documents
- ○ Credit cards + cash
- ○ Catheter Travel Card or documentation from doctor
- ○ .....

Catheter Supplies

- ○ Catheters (enough for the trip, plus extras)
- ○ Lubricating jelly (if needed)
- ○ Disinfecting wipes
- ○ Gloves (if needed)
- ○ Trash bags or sealable plastic bags (for discreet disposal)
- ○ .....
- ○ .....

Electronics

- ○ Phone + Charger
- ○ Camera + Charger
- ○ Laptop + Charger
- ○ Travel adapter
- ○ Headphones
- ○ .....
- ○ .....
- ○ .....
- ○ .....

Toiletries

- ○ Hand sanitizer
- ○ Sunscreen
- ○ Deodorant
- ○ Toothbrush + toothpaste
- ○ Shampoo + conditioner
- ○ .....
- ○ .....
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- ○ .....

Clothes & Shoes

- ○ .....
- ○ .....
- ○ .....
- ○ .....
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- ○ .....

Other

- ○ Sleep mask
- ○ Sunglasses
- ○ Medications
- ○ .....
- ○ .....
- ○ .....

Travel Communication Card

This travel card is provided to travelers to help simplify communication with security at times when you need to let them know about your catheter supplies. Keep in mind that this is not a pass to avoid security screening. You may want to include a signed Medical Validation Certificate from your doctor if traveling overseas. However, this should help communicate your medical supply needs in a non-verbal way to airport security to maintain your privacy and discretion.

TSA NOTIFICATION CARD: Medical Condition Requiring the Use of Catheter Supplies

I require the use of catheter supplies due to the following disability or medical condition:

I understand that presenting this card does not exempt me from screening. I will need these supplies onboard the plane in order to drain my bladder.

TSA Cares

Call 72 hours prior to traveling if you need to request special assistance or a Passenger Support Specialist at the TSA checkpoint.

Phone: (855) 787-2227
Email: TSA-ContactCenter@tsa.dhs.gov

FOLD LINE

Restroom Communication Card

Usually, you should have no problems accessing the restroom while onboard your flight. However, this card may help in the event that there is limited restroom access. You may wish to show this to a flight attendant so they understand your needs ahead of time. On the other side of the card, you'll find 180 Medical's contact information in case you have a supply emergency.

*** RESTROOM ACCESS NEEDED ***

I use catheters and related urological supplies in order to drain my bladder at intervals throughout the day. This is medically necessary.

I will need access to the restroom on this flight in order to use my catheter supplies.

180 Medical
Catheter Supply Provider

CALL (877) 688-2729 or **TEXT** (877) 959-9315

www.180medical.com

info@180medical.com

Access your account at **my.180medical.com**

FOLD LINE

My Emergency Contacts

Name :

Phone :

Email :

Name :

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Intermittent Catheter Specialists

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