

# Guide to traveling with intermittent catheters



# Exploring new places and experiencing new things is exciting!

At the same time, it is natural to have concerns about comfort, privacy, and confidence when catheterizing away from home. Planning ahead can help you feel more prepared and reduce uncertainty when traveling.

This guide offers practical suggestions to help make traveling easier and support your comfort and independence on the go.

## Packing for a trip

Intermittent catheters – especially compact designs – take up minimal space in your bag. However, when traveling away from home, it is helpful to bring additional supplies to help you be prepared for anything.

## What to consider when packing

Depending on your needs, think about packing:

- Catheters (pack extra in case of delays or unexpected needs)
- Extra clothing, including underwear and pants
- Wet wipes or towelettes
- Hand sanitizer (alcohol-based)
- Handheld mirror (or female leg mirror)
- Plastic bags for discreet disposal of used items or clothing
- Absorbent pads or liners for unexpected leakage
- A bottle of water (for travel; if flying, purchase after security screening)
- A small travel bag
- Paper towels or tissues

## How to store catheters

Catheters are best stored in a clean, dry environment at room temperature.

Most catheters can tolerate short-term exposure to temperatures below 32°F (0°C) and up to 140°F (60°C) for up to 24 hours. However, it is best to avoid prolonged exposure to extreme heat or cold whenever possible.

Always follow manufacturer guidance if available.



### Helpful tip

Remember to order additional catheter supplies well in advance of your trip to ensure you have enough for the full duration of travel, including unexpected delays.

Keep your healthcare provider's telephone number handy in case additional supplies are needed.

# Fly with confidence

## Prepare for security

Some of the product you need may contain fluid lubricants - which may be subject to airport security screening guidelines. Ask your healthcare provider to write a note explaining what products you use, or complete the travel certificate on the back page, so you can bring them in your carry-on luggage. This also applies to other lubricants or hand sanitizer gels you might need. Present the product information to the airport security staff.

## Catheterizing during your journey

Try to catheterize as close to boarding as possible, which may mean using the airport restroom before your flight. For long distance flights, you may need to catheterize on the airplane. If possible, request an aisle seat near the restroom for easier access. If accessing the restroom is difficult, you may choose to catheterize at your seat. In this instance, an all-in-one catheter with a collection bag can be helpful. You can also request a blanket and disposal bag from the flight crew for added privacy and convenience.

## Plan the journey

It's important that you stick to your catheterization routine during flight. Look at your flight plan and transfer times and plan when to catheterize. You might prefer to do it close to boarding instead of on the plane.



### Helpful tip

Keep a supply of intermittent catheters in your carry-on luggage in case your checked luggage gets lost or delayed.

# Take the stress out of the journey

What to consider when traveling by car, bus, or train.

## Car

If you are the driver, you're in control and can decide when to take breaks. But if you are the passenger, prepare the driver in advance about your need for breaks. If it is someone who doesn't know about your bladder routine, it might be good to tell them that you need to go when you need to go. Just say you need to use the restroom at fixed times.

## Bus

Some buses have a small toilet which may involve stairs to access. If this is inconvenient or inaccessible, ask when the planned breaks are so you can see if it will fit within your catheterization schedule. You can also consider bringing an all-in-one catheter and bag solution, enabling you to catheterize while seated on the bus. Pack a blanket as well for privacy.

## Train

Enjoying the landscapes while you relax into the train's gentle rhythm is a good way of traveling while also maintaining your bladder routine, because there are toilets onboard. When you book your tickets, ask about station and train restroom accessibility and ask for a seat near the facilities.



# Delivering Personalized Care Solutions.

## Simply. Reliably. For You.

Coloplast Care is a personalized product and lifestyle support program designed to help intermittent catheter users feel confident and in control of their daily routine. From product guidance and troubleshooting to advice on bladder management, we're here to help you navigate everyday situations with confidence and care.

### With Coloplast Care, you receive:

- Individualized product and lifestyle support and product access coordination
- Routine self-assessments through Continence Check
- Personalized education and free tools, information and samples\*

To enroll in Coloplast Care, click [here](#)

\*Valid prescription required. Limitations apply.

Information from Coloplast Care is for educational purposes only. It is not intended to substitute for professional medical advice and should not be interpreted to contain treatment recommendations. You should rely on the healthcare professional who knows your individual history for personal medical advice and diagnosis.

## Travel certificate

To download the travel certificate or access more educational content, click [here](#).

Personal	Medical	Supplies	Official notice
Name:	Doctor's name:	<input type="checkbox"/> Catheters	<p>The holder of this card has a condition, which requires them to carry medical supplies such as Catheters, Ostomy supplies, Sheaths or Anal plugs.</p> <p>These products are essential for the holder to manage their condition and should not be taken away from this person. Please be aware that they are also likely to be carrying additional supplies of products in their main luggage.</p> <p>Please be sympathetic to the cardholder and allow them to progress.</p> <p>Thank you for your assistance.</p>
Address:	Surgery address:	<input type="checkbox"/> Ostomy supplies	
Passport no.:	Doctor's signature:	<input type="checkbox"/> Sheaths	
Signature:	Date:	<input type="checkbox"/> Anal plugs	
		<input type="checkbox"/> Other (please specify):	
		<div style="border: 1px solid black; height: 40px; width: 100%;"></div>	