



Wellspect®
A REAL DIFFERENCE

THE PATIENT'S GUIDE TO CHOOSING THE RIGHT CATHETER

Spina Bifida



A MESSAGE FROM LISA BEAUCHEMIN Certified Urologic RN

As the Clinical Nurse Manager at Wellspect HealthCare, I speak to people who use catheters every day - some of whom are new to intermittent catheterization (IC) and some who have been catheterizing for many years.

Intermittent catheterization is the second best way to empty your bladder. It allows you to continue living an independent lifestyle while keeping your kidneys and bladder healthy.

Many catheter users do not realize that all catheters are not the same. I often hear that they wish they'd been provided with more information about the different catheter features so they could have had a better start to IC.

In particular, many said they wasted too much time dealing with urinary tract infections (UTIs) and other catheter-related issues before finding the best catheter for them.

Children born with Spina Bifida often have neurogenic bladders and require intermittent catheterization starting at birth to preserve kidney functioning and prevent UTIs. It's important for these children to maintain good urethral health as they may be catheterizing for life.

Two mothers of children who intermittently catheterize said they wished they'd known more about their sons' options early on.

Jacqueline Pochop and Tracy Jensen, both of whom have sons living with Spina Bifida who intermittently catheterize, said that initially they both used brands of catheters that required gel lubrication. What followed were years of UTIs, some dangerous enough to land their children in the hospital multiple times.

Choosing a catheter may seem insignificant when making choices about your child's health, but choosing the right catheter can make a real difference in the quality of your child's life.

It's my hope that this eBook will help you make an informed decision about the best catheter for you and/or your child - one that is comfortable, well-lubricated on insertion and withdrawal, with packaging that is discreet and easy to open so you can catheterize in private and in public restrooms.

You are not alone; there are thousands and thousands of children and adults in the U.S. who need to catheterize. Please contact me if you have any questions about IC or LoFric catheters. I am here to help you!

Sincerely,
Lisa Beauchemin BSN, CURN

Certified Urologic Registered Nurse
Clinical Nurse Manager, Wellspect HealthCare

THINGS TO KNOW BEFORE YOUR DOCTOR'S VISIT

How Healthcare Professionals Prescribe Catheters

Often, physicians and other healthcare professionals are not aware of the wide range of catheter options available.

They may not realize that there are major differences among catheter types and brands.

Most catheter users we spoke to recommended doing independent research so you can make an informed decision for yourself.





UNDERSTANDING THE CATHETER LANDSCAPE

The types of catheters you may be prescribed include:

Indwelling Catheters

- Stay inside the body for longer periods
- Can be inserted through the urethra or abdominal wall
- For long-term users, they are typically changed monthly

Intermittent Catheters

- Inserted in the urethra or stoma into the bladder as recommended by your healthcare provider
- Removed as soon as bladder is empty
- Can be performed independently by most people, including children

Hydrophilic Intermittent Catheters

- Coated with a slippery surface to make insertion easy and comfortable

Non-Hydrophilic Intermittent Catheters

- Uncoated catheters (additional lubricant is required)

WHICH CATHETER SHOULD I BE USING?

Of the different types of intermittent catheters, research shows that hydrophilic single-use catheters reduce the risk of complications.^{1,2}





QUESTIONS TO ASK YOUR DOCTOR ABOUT CATHETER TYPES

Catheter Safety

Hydrophilic Coating

Hydrophilic coating has been proven to maximize comfort and minimize trauma to the urethra.

ASK THIS Does this catheter have a hydrophilic coating that stays slippery both at insertion and withdrawal to protect my urethra?

Long-Term Safety

It's important to choose a catheter that's been clinically proven to minimize the risks to urethral health over the long term.

ASK THIS Is there clinical evidence to support that the type and brand of catheter I'm about to use is safe long term? If so, can you point me towards a relevant study?

Catheter Flexibility

A balance between catheter flexibility and stiffness will improve comfort and IC success.

ASK THIS Will the catheter be able to maneuver through my urethra?

ASK THIS Will there be pain or bleeding?



QUESTIONS TO ASK YOUR DOCTOR ABOUT CATHETER TYPES

Catheter Size

Length

The right catheter length is important for complete emptying and avoiding infections. Catheter length is measured in inches.

ASK THIS What is the length of the catheter?

ASK THIS Is it the correct length to ensure stable handling and complete bladder emptying?

Width

It's important to choose a catheter that's been clinically proven to minimize the risks to urethral health over the long term.

ASK THIS What width of catheter should I use?

ASK THIS Why are you recommending this size to me?

Catheter Handling

Handling Aid

Ensures a steady grip and a non-touch technique to minimize bacterial contamination when catheterizing.

ASK THIS Does this catheter offer a handling aid that gives me a good grip for safer handling?

Catheter Packaging

Fitting Into Your Lifestyle

Part of the challenge of using a catheter is finding one that fits seamlessly into your lifestyle.

ASK THIS Will this catheter be discreet enough? Can I roll it and put it into my pocket? Does it have everything I need (lubrication, handling aid, discreet packaging, etc.)?

ABOUT LOFRIC CATHETERS



LoFric® catheters have been on the market for more than 30 years. That means we have more than 30 years of experience and documentation behind us.

3 Important Facts About LoFric

LoFric is the only hydrophilic catheter that can prove it reduces the risk of long-term complications.

LoFric catheters have been tested in a multitude of clinical studies, and its effectiveness over the long term has been proven. After 5-9 years with LoFric, users reported 0% instances of trauma³ and 64% lower expected risk of UTIs⁴.

[VIEW THE LOFRIC STUDIES](#)

The LoFric team is dedicated to what we do.

Behind LoFric, you'll find a Wellspect team of experts who believe in our products and what we do. We specialize in bladder products for intermittent catheterization and offer direct access to a certified urologic nurse for patients with questions. We offer a home delivery service* to ensure you always have your LoFric catheters on hand.

Depending on your insurance provider.

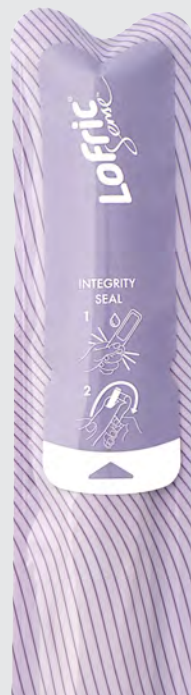
Hydrophilic catheters are not all the same. LoFric products ensure safety using Urotonic™ Surface Technology.

LoFric's Urotonic™ Surface Technology is a patented coating that makes LoFric catheters as slippery on withdrawal as they are on insertion.

EXPERIENCE THE LOFRIC DIFFERENCE.

Order your sample now.

[CLICK HERE TO ORDER YOUR FREE LOFRIC SAMPLE](#)



LoFric®

References

1. Waller L, Jonsson O, Norlén L, Sullivan L. Clean intermittent catheterization in spinal cord injury patients: long-term followup of a hydrophilic low friction technique. J Urol 1995;153:345-348 <https://www.ncbi.nlm.nih.gov/pubmed/7815579>
2. Bakke A, Digranes A, Høisæter PÅ. Physical predictors of infection in patients treated with clean intermittent catheterization: a prospective 7-year study. Br J Urol 1997;79:85-90. <https://www.ncbi.nlm.nih.gov/pubmed/9043503> /Bakke A, Vollset SE, Høisæter PÅ, Irgens LM. Physical complications in patients treated with clean intermittent catheterization. Scand J Urol Nephrol 1993; 27:55-61
3. 7 years follow up of 30 LoFric patients. Waller et al. J Urol 1995;153:345-8
4. Meta-analysis of 464 patients. Li et al. Arch Phys Med Rehabil. 2013;94:782-7

Wellspect is a leading provider of life-changing continence care products and services, such as the well-known brands LoFric® and Navina™. We are inspired by improving people's lives, by providing independence and creating more time for the things that really matter. We believe that working closely together with our users and healthcare professionals is the most effective way to advance continence care for bladder and bowel management. Building on over 30 years of life-improving performance and dependability, we are committed to making a difference now and for generations to come.

Wellspect. A real difference.

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