



# Luton and Bedfordshire Continence Appliance Prescribing Guidelines

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**Bedfordshire Clinical Commissioning Group**

**Luton Clinical Commissioning Group**

**Luton and Dunstable NHS Trust**

**Bedford hospital NHS Trust**

**East London NHS Foundation Trust**

**Cambridgeshire Community Services NHS Trust**

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## INTRODUCTION

Over prescribing and over-ordering of continence products are frequently identified in primary care as an important cause of wasteful prescribing. Prescribers are also often unfamiliar with the differing needs of incontinence patients, the products available and the specific ordering requirements for continence appliances and accessories.

This document aims to provide guidance to facilitate continence care in line with NICE guidance and facilitate the cost effective and rational prescribing of continence appliances. It has been developed with input from primary and secondary care health care professionals.

Product choices have been based on clinical effectiveness, experience of use and cost effectiveness.

**The products recommended should be the first choice, and would be suitable for the majority of patients. However, patients are individuals and after a clinical assessment it may be appropriate to choose an alternative product, which would be more effective in specific cases.** Justification for choosing alternative products should be documented in the patient's electronic records.

The formulary will be updated regularly to reflect innovations in practice and new, evaluated products.

## ASSESSMENT

A comprehensive continence assessment is required before considering any continence appliance. Alternative management options should be considered first because of the risk of catheter acquired urinary tract infection (CAUTI). Catheterisation should be used as a last resort and only when at least one of the following have been met:

1. Pre / post surgery
2. Monitoring Renal function hourly during critical illness
3. Chronic urinary retention, only if symptomatic and/ or renal compromise
4. Acute urinary retention
5. Allowing bladder irrigation/lavage
6. Bypassing an obstruction
7. For investigative purposes such as urodynamics
8. Instillation of medication e.g. chemotherapy

9. Where it is viewed as appropriate for the patient to use a catheter, for example in end of life care to minimise distress and discomfort following joint discussion with patient and/or carer

Patients should be regularly reviewed to confirm continued need, and/or assess changes, taking into account new products and developments which may better suit the patient's need, in accordance with the Formulary. Catheterisation should be discontinued as soon as it is clinically appropriate to do so. The clinical indication for catheterisation and frequency of review must be documented in the patient's records.

## **GENERAL PRESCRIBING POINTS**

1. Include full details of product required – Prescription requests should include full details of the required product (including drug tariff product order code) to ensure the correct size, type, quantity and gender (for catheters) are ordered. Drug tariff order codes those required when requesting continence appliances on FP10 prescriptions.
2. Do not prescribe generically - The brand of the continence appliance or device should be stated to ensure continuity of supply. There are differences between individual products in terms of specification.
3. Clearly state the quantity of product required – Always order in multiples of minimum pack size for the products as stated in this guide. Avoid use of the term 'OP' (or original pack) as it may be interpreted as a single item or piece. Also, pack sizes often differ between products and patients may receive inappropriate amounts if the quantity is not clearly stated. The Drug Tariff lists the pack sizes available for different products – see prescribing guide table for minimum pack size for each product. When new products are being tried, prescribe the minimum quantity to minimise wastage.
4. Encourage the patient or patient's carer to request repeat prescriptions via the GP practice instead of via the appliance contractor. This ensures the GP practice controls what the patient receives and not the supplier (i.e. the same control that a GP uses when issuing prescriptions for medicines)

## **ORDERING SUPPLIES**

- Community pharmacy – should stock the most common products, but 48 hours may be required to order some continence products.
- Dispensing appliance contractors (DAC) – A prescription must be authorised by the prescriber prior to any ordering / delivery, this will prevent excessive ordering, both in

quantity and frequency. GP Practices should not issue prescriptions retrospectively for the DAC.

- When a catheter product is no longer required or has been changed, GP practices should ensure computer systems are updated and repeats are removed for the discontinued item. Overuse of items should prompt referral to the continence nurse specialist for review.

## Prescription Ordering Guide for Commonly Prescribed Appliances

Product Category	Recommended frequency of change	Standard Pack Sizes	Recommended Order Quantity on Prescription
Long term Indwelling Permanent Catheters – hydrogel coated latex, all silicone catheters	Up to 8-12 weeks (Licensed for use up to 12 weeks)	1 unit	2 on repeat Rx (3 can be prescribed on initial acute Rx only)
Short term Indwelling catheters – PTFE coated latex	Licensed for use up to 28 days	1 unit	2 on repeat Rx (3 can be prescribed on initial acute Rx only)
Single intermittent use catheters	5-6 times daily	1 x 30units or 1 x 25units	Up to 150-180 units per month
Urine Collection Leg Bags – usually short tube for women and long tube for men	1 bag every 7 days	1 x 10	1 x 10 approximately every 2 months
2L Night drainage collection bags. Non sterile –single use for connecting to leg bag overnight.	1 bag per night	1 x 10	3 x10 is 30 days' supply
Sterile Drainable with tap for connecting directly to catheter for bed bound patient	1 bag every 7 days	1 x 10	1 pack 10 sterile bags is approximately 2 months supply
Catheter straps –go around thigh to secure catheter to leg to stop catheter kinking and minimize trauma	1 + 1 to wash	1 x 5	Maximum 2-3 packs per year
Leg bag sleeves – additional security to keep leg bag in place either in addition to or instead of leg bag straps	1 pack of 4 every 3-4 months	1 x 4	Max 3 - 4 packs per year

Leg bag straps - additional security to keep leg bag in place	1 -2 pairs a month	1 x 10	1 - 2 box of 10 straps per year
Catheter Valves – for use with indwelling catheters as alternative to leg bags.	1 valve every 5-7 days	1 x 5	1 pack of 5 per month (25-35 days)
Catheter lubricant gel – non lidocaine & lidocaine based options	1 for every catheter insertion	1 x 6ml - female 1 x 11ml - male	1 unit per catheter ordered on prescription
Urinary Sheaths	1 sheath lasts up to 24 hours	1 x 30	1x30 is 1 month supply

## INDWELLING (FOLEY) CATHETERS

- Intermittent catheterisation should be used in preference to indwelling if it is both clinically appropriate and a practical option for the patient.
- **‘Standard/male’ length urinary catheters must always be used for men**, but are also suitable for women. Under no circumstances should female length catheters be used in men. **Female length urinary catheters are suitable for ambulant women only** (Not suitable for use in obese, bed or chair bound women).
- It is important that the correct size catheter is prescribed for the individual. No more than a size 14ch should be used for female urethral catheterisation and no more than a 16ch standard length for a male, except in exceptional circumstances. For suprapubic catheterisation, the standard length should be used. No less than a size 14ch catheter should be used to avoid insertion and removal trauma.
- All patients with a known latex allergy/sensitivity must have an all silicone catheter.
- Balloons must be fully inflated with the entire contents of the prefilled syringe to ensure correct position of the catheter.
- Patients requiring long term catheterisation (i.e. more than 28 days) should be provided with training and issued a patient catheter passport, or equivalent, that provides them with written instructions on looking after their own catheter and who to contact in the event of problems.

### Short to Medium Term Use Indwelling Catheters

- Should only be considered for use in patients who require catheterisation for less than 28 days or 4 weekly catheter changes for e.g. as a result of recurrent blockage or the patient not responding to interventions therefore needing frequent catheter changes whilst the cause is being investigated.

- They must not be used where there is a history of latex allergy.

<b>1<sup>st</sup> Line RUSCH PTFE AQUAFLATE</b>					
-Supplied by Teleflex.		-Not suitable for latex allergy			
-Balloon size 10ml		-Includes sterile water filled syringe for balloon inflation AND empty syringe for deflation			
-Prices do not include DAC charge or home delivery fee					
<b>Standard Length</b>			<b>Female Length</b>		
<b>Size</b>	<b>FP10 Order Code</b>	<b>List Price</b>	<b>Size</b>	<b>FP10 Order Code</b>	<b>List Price</b>
12	DP310112	£2.21	12	DP210112	£2.21
14	DP310114		14	DP210112	
16	DP310116		16	DP210112	
18	DP310118		18	DP210112	

<b>2<sup>nd</sup> Line BARD PTFE AQUAMATIC</b>		
- Supplied by Bard.		- Not suitable for latex allergy
- Includes sterile water filled syringe for balloon inflation BUT not empty syringe for deflation		
- Balloon size 10ml		- Prices do not include DAC charge or home delivery fee
<b>Standard Length</b>		
<b>Size</b>	<b>FP10 Order Code</b>	<b>List Price</b>
12	D1265AL12	£3.14
14	D1265AL14	
16	D1265AL16	
18	D1265AL18	

### **Long Term Use Indwelling Catheters**

- Patients should be assessed individually to establish the optimum time for re-catheterisation
- Different material types are available e.g. hydrogel coated latex and silicone
- Designed for use for up to 12 weeks (change every 6 weeks in spinal cord injury patients)
- Supplied with a pre-filled syringe for balloon inflation and/ an empty syringe for balloon deflation
- For latex allergy, ensure 100% silicone catheter is used. Only products described by their manufacturers as “Latex Free” can be relied upon to contain no latex.
- Silicone catheters have a wider lumen than coated latex ones of the same Charriere and so are associated with reduced encrustation rate.
- Open tipped silicone catheters are reserved for suprapubic catheterisations and for patients prone to catheter blockages.

**Hydrogel Coated Latex Catheters**

**1<sup>st</sup> Line RUSCH SYMPACATH AQUAFLATE**

- Supplied by Teleflex.      - Not suitable for latex allergy
- Balloon size 10ml            - Prices do not include DAC charge or home delivery fee
- Includes sterile water filled syringe for balloon inflation AND empty syringe for deflation

Standard Length			Female Length		
Size	FP10 Order Code	List Price	Size	FP10 Order Code	List Price
12	DH310112	£6.34	12	DH210112	£6.34
14	DH310114		14	DH210114	
16	DH310116		16	DH210116	
18	DH310118		18	DH210118	
20	DH310120		20	DH210120	

**2<sup>nd</sup> Line BARD BIOCATH AQUAMATIC**

- Supplied by Bard.            - Not suitable for latex allergy      -Balloon size 10ml
- Prices do not include DAC charge or home delivery fee
- Includes sterile water filled syringe for balloon inflation but not empty syringe for deflation

Standard Length			Female Length		
Size	FP10 Order Code	List Price	Size	FP10 Order Code	List Price
12	DH310112	£8.74	12	DH210112	£8.78
14	DH310114		14	DH210114	
16	DH310116		16	DH210116	
18	DH310118		18	DH210118	
20	DH310120		20	DH210120	



<b>100% Silicone Catheters</b>							
<b>1st Line LINC ALL SILICONE CATHETER</b>							
<ul style="list-style-type: none"> <li>Supplied by LINC Medical</li> <li>Includes water filled syringe for balloon inflation AND empty syringe for deflation PLUS lidocaine based lubrication gel</li> <li>Prices do not include DAC charge or home delivery fee</li> </ul>							
Standard Length					Female Length		
Size	Balloon	FP10 Order Code	List Price	Size	FP10 Order Code	Balloon	List Price
12	5ml	08501205G	£5.57	12	085012051G	5ml	£5.57
14	5ml	08501405G		14	085014051G	5ml	
16	10ml	08501610G		16	085016101G	10ml	
18	10ml	08501810G					
<b>2nd Line FLEXICATH ALL SILICONE CATHETER</b>							
<ul style="list-style-type: none"> <li>Supplied by Flexicare Medical - Prices do not include DAC charge or home delivery fee</li> <li>Includes pre filled syringe for balloon inflation AND supplementary syringe for deflation</li> </ul>							
Standard Length					Female Length		
Size	Balloon	FP10 Order Code	List Price	Size	FP10 Order Code	Balloon	List Price
12	10ml	01-111205C	£5.50	12	01-121205C	10ml	£5.50
14	10ml	01-111405C		14	01-121405C	10ml	
16	10ml	01-111605C		16	01-121605C	10ml	
18	10ml	01-111805C					
20	10ml	01-112005C					

## INTERMITTENT CATHETERS

- Intermittent self catheterisation (ISC) is the preferred option for bladder drainage compared to an indwelling catheter. It is suitable for patients with incomplete bladder emptying e.g. neurogenic bladder disorders, particularly patients with spinal cord injuries, multiple sclerosis and diabetic patients with neuropathy that have sufficient bladder capacity to hold at least 300ml urine.
- Patients are only prescribed these products following individual assessment for suitability by Secondary Care or Community Continence Services. Prescriptions can only be changed on the recommendations of the continence service.
- Products are single use only. Pack size is 25-30 depending on the manufacturer. A patient is likely to need between 120-180 catheters per month (5- 6 packs)

depending on frequency of use. Patents may have more than one type of intermittent catheter on repeat prescription depending on individual circumstances for use.

- They are pre lubricated and so do not need lubricating gel. They can be directly connected to a single use 2L drainage collection bag which offers significant cost savings over prescribing those with an integral bag.
- The ranges of products recommended in the formulary reflect the need to tailor the catheters to individual patient needs.

Product	Size	Drug Tariff Order Code	Pack Size	Cost /Pack £	Unit Price £	Comments
<b>Female Intermittent Catheters</b>						
Teleflex Rusch Flocath Quick Female	8-20Ch	851221-08-20	30	37.35	1.25	Quick hydrophilic coating, integral 0.9% sterile saline solution, short preparation time and rapid application, compact and easy-to-use packaging
Teleflex Liquick Base Female	6-14Ch	630106-630114	60	86.17	1.44	Hydrophilic, standard length (20cm) with a flexible tapered 'ergothan' tip for ease of insertion. Ready to use with an integral pouch of water soluble lubricant gel. Has a blue protective catheter sleeve to allow non touch technique on insertion
Teleflex Liquick Pure Female	8-14Ch	851322-000080-000140	30	46.76	1.56	Catheter with 15cm shaft. Soft tapered flexible 'ergothan' tip with integral ready to use sachet of water soluble lubricant gel. Has full length protective sleeve to facilitate non touch technique on insertion. Discreet packaging
Teleflex Safety Cat Active Female	6-14Ch	851722-000060-000140	30	51.70	1.72	Hydrophilic, pre-coated with 20cm shaft length and a flexible tapered 'ergothan' tip for ease and comfort of insertion. Has adhesive strip on outer packaging allowing fixing to a suitable surface

Coloplast SpeediCath Compact Female	8-14Ch	28576 -28584	30	47.48	1.58	Ready to use, pre lubricated, hydrophilic. With nelaton tip and short shaft length of 7cm. Compact design, discreet packaging & grip handle for non-touch technique.
Coloplast SpeediCath Compact <b>Plus</b>	10-14Ch	28810-28814	30	49.93	1.66	Same specification as the speedicath compact but slighter longer length catheter of 9cm
Coloplast SpeediCath Compact Eve Female	10-14Ch	28110-28114	30	51.84	1.73	More expensive version of speedicath compact range with a shaft length of 9cm, nelaton tip and prelubricated with water. Triangular shape may be easier to grip and use by some patients. Discreet packaging
Coloplast Speedibag	700ml	28592	30	£20.71	£0.69	Discreet disposable urine collection bag for use with speedicath compact when access to toilet facilities not possible

#### Male Intermittent Catheters

Teleflex Liquick Base Male	10-16Ch	630010-630016	60	86.17	1.44	Hydrophilic, 40cm shaft length with a flexible tapered 'ergo than' tip for ease of insertion – ready to use with an integral pouch of water soluble lubricant gel. Has a blue protective catheter sleeve to allow non touch technique on insertion
Teleflex SafetyCat Active Male	10-16Ch	851742-000100 - 851742-000160	30	51.70	1.72	Hydrophilic pre-coated with 40cm shaft length and a flexible tapered 'ergo than' tip for ease and comfort of insertion. Has adhesive strip on outer packaging allowing opened packaging to be fixed to a suitable surface prior to removal.

Coloplast Speedicath <b>Standard</b> (Male)	8-18ch	28408-28418	30			Standard length hydrophilic with nelaton tip. Pre lubricated with water ready to use. Ring-pull opening feature allows for easy opening
Coloplast SpeediCath Compact <b>Male</b>	12/18 Ch One size	28692	30	55.56	1.85	Ready to use, pre-lubricated Useful for mobile males when a discreet option is required when away from home
Coloplast SpeediCath Flex	10-16Ch	28920-28924, 28916	30	55.10	1.84	Soft-squeeze grip makes it easy to guide the tip into the urethra safely without touching it. The dry-sleeve means it can be inserted without having to touch the tube. Fixed curved tip which can bend to follow the curves of the urethra. Good for discreet hygienic handling and disposal.
B.Braun Medical Actreen Hi-Lite Tiemann	8-16Ch	238108E- 238116E	30	45.70	1.52	37 cm long sterile catheter (connector length not included) with Tiemann tip. Ready-to-use pre- lubricated. Non traumatic catheter eyes for smooth insertion. Universal connector: fits all types of urine bags. Different opening options. Good for patients with reduced dexterity
Bard HydroSil gripper	10-18	73610-73618	30	46.05	1.54	Hydrophilic silicone. Can be indefinitely folded to fit into a pocket or wallet for discretion. Gripper device allows firm holding without touching the catheter surface
Hollister Vapro Touch	10- 16Ch	72104-72164	30	53.76	1.79	Hydrophilic, pre-lubricated, with 40cm shaft, protective tip and sleeve for ease and comfort of use
Hollister Vapro <b>Pocket</b> Touch	10-16Ch	70104- 70164	30	53.33	1.78	40cm shaft. Hydrophilic, pre lubricated, with a protective tip which shields it during insertion

Coloplast Speedibag Compact	700ml	28592	30	£20.71	£0.69	Discreet disposable urine collection bag for use with speedicath compact when access to toilet facilities not feasible or possible
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## Open-Ended Catheters

- Licensed for long-term use
- An alternative for those patients experiencing problems with sediment blockage and urinary infection.
- The tip is open-ended allowing for additional drainage.

Drug Tariff Order Code	Product	Balloon	Size	List Price
AA74	Folysil All Silicone Catheter (Open ended) Standard Length	10ml	12-18Ch	£6.48

## Catheterisation Trays

- Reduces nursing time and FP10 costs
- Facilitates aseptic non-touch technique (ANTT) to reduce risk of catheter associated urinary tract infections (CAUTI).
- It promotes and standardises best practice using a two-layer system i.e. Layer 1 catheter removal kit and Layer 2 catheter insertion kit.
- Catheter packs are not routinely recommended for the following reasons:
  - Packs will be wasted if opened and the wrong catheter is included.
  - Catheter packs should not be opened to access individual components as this causes wastage and potential infection risk if remaining components are used elsewhere.

Catheter trays are therefore only for use by the district nursing team. Use will be monitored with bi annual audits.

Drug Tariff Order Code	Product	Balloon	Size	List Price
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<b>1<sup>st</sup> Line</b> D22655M12-16 (Standard ) D22695M12-16 (Female)	Bard Biocath Comprehensive Care Foley Tray	10ml	12-16Ch	£17.40
<b>2<sup>nd</sup> Line (for latex allergy)</b> D17585M12-16 (Standard) D17615M12-16 (Female)	Bard Lubri-Sil Comprehensive Care Foley Tray	10ml	12-16Ch	£18.37

## DRAINAGE BAGS

### Leg Bags

- Used for collection of urine from indwelling catheters or incontinence sheaths. The most appropriate type and size of leg bag is determined by individual patient characteristics and capabilities.
- Vary in design based on:
  - Size– 350ml, 500ml & 750ml.
  - Inlet tube- direct, short or long inlet tubes available depending on where the bag is to be placed on the leg e.g. direct inlet or short tubes are suitable for attachment to the thigh and long tubes are required for the calf. In most cases short tube /direct inlet tubes are suitable for women and long tube bags for men.
  - Drainage tap –usually slide action (T tap) or lever action design. The type of tap chosen is dependent on individual patient dexterity and personal needs
  - valve type - anti-reflux valve (non return valve) or chamber
  - connector – tapered, smooth or ridged connector
  - sample access port for collection of urine specimens – needle free or otherwise
  - Material backing
- When **directly attached to a catheter must be sterile** and connected using aseptic technique
- Need to be securely attached to the patient to reduce the risk of being dislodged and either pulling out the catheter or causing trauma to the urethra thereby increasing scarring and risk of infection.

- Are intended for daytime use although the larger bags may have adequate capacity for overnight use by some patients.
- Maintaining a closed drainage system (i.e. not removing the leg bag when attaching a night bag) reduces the risk of infection. The leg bag must remain connected to the catheter and be linked to the night bag if additional drainage capacity is required overnight.
- Once disconnected it must be discarded and replaced
- **Should be changed every 5-7 days.**
- **No more than one box of ten should be issued on alternate months (6 x 10 per year).**

Product	Size	Tube	Tap	Drug Tariff code	Price per Pack of 10 £
<b>1<sup>st</sup> line Choice</b> LINC Medical Systems Ltd  <b>LINC-Flo</b> sterile leg drainage bag <ul style="list-style-type: none"> <li>• With tap outlet, overnight connector and elastic velcro straps and 10 pairs of straps per box of 10 leg bags</li> <li>• Adjustable bags supplied with sterile scissors</li> </ul>	500ml	10cm inlet	Lever	LM500MD-L	22.27
		30cm inlet	Lever	LM500LD-L	
		adjustable inlet	Lever	LM500AD-L	22.01
		direct inlet	Lever	LM500SD-L	22.27
		10cm inlet	T-tap	LM500MD-T	22.31
		30cm inlet	T-tap	LM500LD-T	
		adjustable inlet	T-tap	LM500AD-T	
		direct inlet	T-tap	LM500SD-T	
	750ml	10cm inlet	T-tap	LM750MD-T	22.28
		30cm inlet	T-tap	LM750LD-T	
		adjustable inlet	T-tap	LM750AD-T	
		direct inlet	T-tap	LM750SD-T	
		adjustable inlet	Lever	LM750AD-L	
	350ml	10cm inlet	T-tap	LM350MD-T	20.72
direct inlet		T-tap	LM350SD-T		
<b>2<sup>nd</sup> Line Choice</b> Teleflex  <b>Rusch</b> Leg bag	500ml	10cm	Slide	850361-000500	23.94
		10cm	Lever	850363-000500	
		30cm	Slide	850362-000500	
		30cm	Lever	850364-000500	
	750ml	10cm	Lever	850363-000750	21.90
		30cm	Lever	850364-000750	
		10cm	Slide	850361-000350	21.90
		10cm	Lever	850363-000350	

	350ml	30cm	Slide	850362-000350	
		30cm	Lever	850364-000350	
Optimum Medical Solutions	500ml	Short	Lever	1C/500/ST/L	24.24
<b>Ugo leg bags</b> <ul style="list-style-type: none"> <li>with non-return valve, needle free sample port, outlet connector, soft fabric backing and a pair of non-latex Ugo fix leg bag straps</li> </ul>		Long	Lever	2C/500/LT/L	
		Short	T-tap	3C/500/ST/T	
		Long	T-tap	4C/500/LT/T	
	750ml	Short	Lever	7C/750/ST/L	
		Long	Lever	8C/750/LT/L	
	350ml	Direct inlet	Lever	5C/350/DI/L	
		Short	Lever	6C/350/ST/L	

### Night Drainage Bags

- Designed to be used overnight (or for people who are bed bound) to accommodate a larger volume of urine collection from indwelling catheters and urinary sheaths.
- Should be placed below the bladder level to enhance gravity induced drainage but no more than 30cm below as the negative pressure created may cause a suction effect on the bladder wall. This leads to mucous being sucked in to the eyelets of the catheter preventing drainage and causing catheter blockage.
- There are broadly 2 types of drainage bags:
  - Single use (non drainable night bags) –designed for use once only i.e. must be changed every night. These are the preferred option as they reduce the risk of infection. They should be directly connected to the leg bag to maintain a closed system. They are compulsory for use in Nursing/residential homes. Support with a night stand is required (not available on FP10). **No more than three boxes of ten should be issued monthly**
  - Sterile drainable night bags –licensed to be used for 7 days. Sterile drainable collection bags (with taps) are to be used when the bag is being directly connected to the catheter. These should be used for bed bound patients as they offer a more cost effective option in comparison to using a leg bag and disposable night drainage bag. They should be placed on a stand/bag hanger so that the tap is clear of the floor (not available on FP10). These bags **MUST NOT** be rinsed out and reused. **No more than one box of ten should be issued on alternate months. (6 boxes per year)**



- Night stands/ bag hangers can be ordered directly from the manufacturer or appliance contractor.

Product Details	Drug Tariff Order code	Pack size	List price £	Unit Price (P)	Comments
<b>Single Use Night Bag</b>					
Linc Medical <b>LINC-Flo</b> 2L non sterile bag	LM2LNS	10	2.65	26.5	Non sterile bag. With twist off tap to drain bag. Has 100cm inlet tube & NRV. Requires good patient dexterity to twist off tap
Linc Medical <b>LINC Flo</b> 2L sterile bag	LM2LS	10	2.13	21.3	Sterile equivalent to LM2LNS, option for use in hospital units and care homes as individually sealed units
Optimum Medical <b>Ugo 10</b> 2L non sterile bag	10/NS/SU/DO	10	3.12	31.2	Single use drainable T tap (can only drain once)
Clinisupplies Ltd <b>Prosys</b> 2L drainable, non-sterile bag	PSU2	10	3.09	30.9	Single use slide tap. 90cm inlet tube Same spec as Bard D1MT; Jade 2S. <b>Supplied with pair non latex gloves</b>
Clinisupplies Ltd <b>Prosys</b> 2L non drainable, non-sterile bag	P2	10	2.09	20.9	Tear off or cut corner to drain bag. Has 90cm inlet tube & NRV.
Coloplast Ltd <b>Simpla S2</b> 2L non sterile bag	320902	10	2.96	29.6	Non drainable bag with non-return valve and standard size connector. Has a perforated strip which reduces spillage.

Teleflex  <b>Rusch</b> 2L non sterile single use night bag	850422	30	9.65	32.2	Single use non sterile with NRV <b>Has 120cm inlet tube with a wider bore</b> to accommodate drainage with high output / quicker flow rates. Each box supplied with attachable hanger compatible for use with night bag stands
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Product	Drug Tariff Order Code	Tap	List Price/10 £	Unit Price £	Comments
<b>Drainable Night Bags</b>					
Teleflex <b>Rusch</b> 2L Night Drainage Bag	850420	Slide	10.89	1.09	120cm inlet tube, NRV and drip chamber to reduce reflux, air filter to minimize bag inflation with air and tuck away tap. Each box supplied with detachable hanger. Bag is compatible with night bag floor stands
	850421	Lever			
Flexicare Medical Ltd  <b>Flexicare F4</b> sterile, drainable 2L night bag	00-1201	Lever	9.87	0.99	with 100cm inlet tube and NRV
Unomedical Ltd <b>Careline+ E4</b> sterile 2L night bag	46-20-IDC G	Lever	11.65	1.17	with 103cm inlet tube, non-return valve, lever tap and gloves

### Drainage Bag Stands Ordering Information

Company	Order details	Order Code	Telephone Number	Price
Clinisupplies Ltd	Prosys Bed Bag Stand	PBS001	0800 085 4957	Free
Linc Medical	Linc –Flo Bag Stand		01572 717515	Free
Optimum Medical	Ugo drainage bag stand		0113 263 3849	Free

Teleflex	Rusch drainage bag stand		0800 032 3383	Free
Coloplast	Simpla Catheter stand	380431	0800 526 177	Free
Unomedical (Convatec)	Careline Night Bag Floor Stand  Careline Night Bag Bed Hanger	45-70-B  45-B-H	0800 289738	Free

## CATHETER RETAINING STRAPS AND DEVICES

- It is essential to ensure a catheter is firmly but comfortably secured, to reduce traction and trauma to the bladder neck / urethra. Catheter straps are retaining straps which secure the tubing or catheter firmly and comfortably.
- Catheter sleeves can be used as an alternative to, or alongside straps. They are particularly good for frail skin, or where there are problems with straps digging into or rubbing against the skin as they distribute the weight of the urine more uniformly.
- Catheter clips are used to secure the catheter firmly and comfortably against the leg or abdomen. They are a second-line option if straps or sleeves have caused trauma to the area or are not appropriate.
- Catheter straps and catheter sleeves are washable and reusable.
- **One pack of 5 catheter straps** should last for **four to six months** (The straps will need replacing when the elasticity and support is reduced from washing and stretching. This is usually 25-30 washes in a domestic washing machine following washing instructions.
- **One pack of 4 leg bag sleeves** should last for six months and **a pack of 5 catheter clips** should last **5 weeks**.

Product	Size	Drug Tariff  Order code	Pack size	List Price	Comments
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Optimum Medical Solutions  <b>Ugo fix catheter strap</b>	Short 45cm	3002	5	£12.84	<b>1<sup>st</sup> line choice for fixing catheter tubing</b> Short 45cm is for small to medium leg circumference; medium to large leg size choose 80cm and large to extra-large leg choose 130cm and cut to fit. Also comes with laundry bag /pack
	Medium 80cm	3003		£14.18	
	Long 130cm	3009		£17.26	
<b>Ugo fix gentle catheter clip</b>	Standard	3004	5	£12.35	Fixes catheter in place but holds away from skin to prevent rubbing. Minimal trauma on removal. Suitable for patients with sensitive skin that are unable to manage straps
<b>Ugo Fix Sleeve Leg Bag Holder</b>	Small (24-39cm) Medium (36-55cm) Large (40-70cm) Extra Large (65-95cm)	3005	4	£7.48	Supports leg bags attached to urethral catheters, suprapubic catheters and urinary sheath systems. Colour coded top seam, assisting with correct fitting and re-ordering
Clinimed Ltd  <b>Clinifix tube holder</b>	Small 11cm x 2.5cm	40-310	10	<b>£17.41</b>	Hydrocolloids plaster that fixes catheter tubing in place & can be left in place for up to 7 days.
	Large 14cm x 4cm	40-410		<b>£19.04</b>	

## CATHETER VALVES

Catheter valves are for use with an indwelling catheter only and provide a discrete alternative to wearing a leg bag. Their use helps to imitate normal bladder function by allowing the bladder to fill and empty, maintaining normal capacity and tone. They may be used for 2-3 weeks prior to a trial without a catheter to regain bladder function and tone.

**Catheter valves should not be used without assessment of bladder function by an appropriate medical professional.**

The valve is suitable for clients or carers of patients who:

- are mentally aware and reliable
- have sufficient dexterity to manage the valve

- have a history of DVT or oedema of the legs where leg straps may be less desirable

Catheter valves must be opened at regular intervals to empty the bladder. A single use night bag can be attached directly to the valve outlet for 'free drainage' at night if necessary without compromising the closed system.

#### **Contraindications for Use:**

- Uncontrolled detrusor over activity or overactive bladder (might cause urinary leakage)
- Reduced bladder capacity or no bladder sensation (small bladder capacity would mean valve would have to be opened very frequently)
- Cognitive impairment or other reason likely to cause non-compliance with catheter valve change
- Pelvic radiation (increased risk bladder shrinkage)
- Post radical prostatectomy
- Poor manual dexterity to operate the Catheter Valve
- Renal impairment.

It is recommended that catheter valves are changed every 5-7 days.

**No more than one packet (5) should be prescribed every month**

#### **Formulary Choices**

<b>Product</b>	<b>Drug Tariff Order Code</b>	<b>Hospital Order Code</b>	<b>Pack size</b>	<b>List Price</b>
LINC Medical Systems Ltd Care-Flo Catheter Valve	CF1		5	£7.59
MacGregor Healthcare Ltd Qufora Catheter Valve	21104204	FUW041	5	£8.50
CliniSupplies Ltd Prosys Catheter Valve	PCV3942	FSS1042	5	£9.75

## **LUBRICANT GELS**

- The procedure of urethral catheterisation requires the use of an appropriate sterile lubricant or anaesthetic gel, from a single-use container, to reduce trauma, pain and infection when inserting or changing catheters.
- Anaesthetic lubricant gels must not be used in patients who have damaged or bleeding mucous membranes due to the risk systemic absorption of the lidocaine hydrochloride which may exacerbate ventricular arrhythmias and cause hypotension.

- Chlorhexidine containing gels may trigger anaphylaxis in susceptible patients. They should not be used in patients with a known contra-indication or allergy to chlorhexidine. A plain lubricating gel should be used instead.
- The 6ml pack size is for female and suprapubic use and 11ml for male use (the male urethra is considerably longer than the female urethra).

### Formulary Choices for Lubricant Gels

<b>Lidocaine and CHG containing lubricating gel</b>				
	<b>Size</b>	<b>Code</b>	<b>List Price</b>	<b>Usual Quantity</b>
LINC Gel	6ml	LMG6	90	1 per catheter change
	12ml	LMG12	99	
Optilube Active	6ml	1160	£1.11	
	11ml	1161	£1.16	
<b>Plain lubricating gel</b>				
Cathejell Mono	8.5g	CJM 08501	82p	1 per catheter change
	12.5g	CJM 12501	87p	
<b>CHG free with Lidocaine Lubricating gel</b>				
Optilube Active CHG Free lubricating jelly	6ml	1167	£1.10	1 per catheter change
	11ml	1168	£1.15	

### CATHETER MAINTENANCE SOLUTIONS

- There should be a clinical rationale for use of catheter maintenance solutions.
- Should only be considered for short term use, to treat indwelling catheters for prevention of encrustation, or to dissolve crystal formation prior to removal of catheter to prevent urethral trauma.
- Bladder instillations or washouts must not be used to prevent catheter associated infections.
- Monitoring pH will help identify the need for, and the type of solution required. The higher the urine alkalinity, the greater the chance of encrustation developing.

- B. Braun pH indicator documentation sheets and test strips are available free. 0800 526 116.
- Citric acid should only be used for those patients who have a consistently high pH of 6.8 and above.
- It is good practice to cut open catheters on removal, from those patients where blocking is a problem to see if the lumen is blocked by sediment deposit.
- Two sequential instillations of a small volume are more effective than a single larger administration.
- The catheter maintenance solution should flow into the catheter by gravity by elevating the bag to above bladder height allowing the tip of the catheter to be bathed.
- If using these twice a week consider using bladder infusion kit to maintain closed system and reduce number of leg bag changes

<b>Product</b>	<b>FP10 Order Code</b>	<b>Pack size</b>	<b>Unit Price £</b>	<b>Comments</b>
0.9% Saline <b>OptiFlo S</b>	CSS50	50ml	3.45	Neutral solution pH 7, recommended for flushing of debris & small blood clots
	CSS100	100ml		
3.23% Citric Acid <b>Uro-Tainer Twin Suby G</b>	<b>9746609</b>	2x30ml	4.89	pH 4 intended to dissolve crystals
6.0% Citric Acid <b>Uro-Tainer Twin Solutio R</b>	9746625	2x30ml	4.89	pH 2, intended to dissolve more persistent crystals
<b>LINC Bladder infusion kit</b>	MCI/701	10	£20.06	

## **SHEATHS**

Sheaths offer a valuable alternative method of urinary incontinence management for men with:

- A non-retracted penis (i.e. penis length more than 3cm in length) as attachment is difficult and unreliable
- Healthy unbroken skin on the penis

- Reasonable mental awareness, manual dexterity and good eyesight or access to carer.
- No risk of pulling off the sheath e.g. patients with significant confusion such as in dementia may pull sheath off.

Sheaths are available with and without fixing devices which may be applied externally or internally.

It is important to accurately assess for type and size of sheath using manufacturers measuring device as they can cause anxiety and discomfort; damage to the penis and increase risk of infection if incorrectly fitted.

It is recommended that sheaths are changed on a daily basis.

**One box of thirty should be sufficient per month.**

Over ordering more than one box of thirty per month may indicate poor fit. If so, refer to continence team for advice.

Adhesive removers and barrier products are not normally recommended with sheaths. Adhesive residue can be washed away with warm soapy water and barrier creams may interfere with adhesion.

All formulary choices are self-adhesive sheaths and made from silicone or latex free.

### Formulary Choices for Sheaths

Product	Size (diameter)	Drug Tariff Code	List Price £	Unit Price £	Comments
Manfred Sauer UK Ltd <b>P-SURE</b> latex free self-adhesive standard size sheath Pack of 30	Small - (dia 20mm)	97.20	48.34	1.61	Transparent latex free synthetic material allowing a snug fit, with Residual Free removal and Anti-Blow-Back system. Includes which is maintained even with large volumes of urine. 1 free pubic hair protective cloth
	Small (dia 22mm)	97.22			
	Small + (dia 4mm)	97.24			
	Medium - (dia 26mm)	97.26			
	Medium (dia 28mm)	97.28			
	Medium + (dia 30mm)	97.30			
	Large - (dia 32mm)	97.32			
	Large (dia 35mm)	97.35			
	Large + (dia 37mm)	97.37			
	Extra Large (dia 40mm)	97.40			
Bard Ltd  <b>Clear Advantage Spirit, Style 1 Standard</b>  Pack of 30	24mm	5243	51.89	1.73	Hydrocolloid, self-adhesive sheath which helps to control moisture levels and maintain skin integrity.
	28mm	5283			
	32mm	5323			
	36mm	5363			
	40mm	5403			










Bard Ltd <b>Clear Advantage Spirit, Style 2 Pop On</b> Pack of 30	24mm	7243	53.07	1.77	Style 1 is designed for males with a standard penis length. Style 2 is for those males who require a shorter length sheath. Style 3 is for males who require a standard length but require extra adhesive for secure fit
	28mm	7283			
	32mm	7323			
	36mm	7363			
	40mm	7403			
Bard Ltd <b>Clear Advantage Spirit, Style 3 Wideband</b> Pack of 30	24mm	9243			
	28mm	9283			
	32mm	9323			
	36mm	9363			
	40mm	9403			
Coloplast Ltd <b>Conveen Optima Shorter length</b> Pack of 30	21mm	22121			
	25mm	22125			
	30mm	22130			
	35mm	22135			
Coloplast Ltd <b>Conveen Optima Standard length</b> Pack of 30	25mm	22025			
	28mm	22028			
	30mm	22030			
	35mm	22035			
	40mm	22040			

## URINALS / URINE DIRECTORS

- For use in patients with functional continence to aid independence of toileting.
- Patients will require assessing for the appropriateness of urinals, as individual factors including hand dexterity, eye sight and co-ordination need to be taken into account.
- Seek specialist continence advice before initiating use
- Single patient use only in all settings. Urinals should be marked clearly with patient's name and used only for that specific patient.
- To be cleaned in accordance with LOCAL INFECTION CONTROL POLICY.
- Wash using hot soapy water dry and store appropriately after each use.

Product	Directions	Drug Tariff /PIP Code	Quantity	Drug Tariff List Price
<b>Female Products</b>				

<p>Beambridge Medical</p> <p><b>Bridge Urinal with tap</b></p> 	<p>Helpful for ladies with restricted movements/ mobility problems or to assist carer. Useful for ladies' in wheelchairs. Patients need to be sitting for effective use. Useful for ladies who void large amounts of urine as a 2litre drainage bag can be attached to the urinal.</p>	<p>6.18T/ PIP Code 267-5304</p>	<p>1</p>	<p>£14.67</p>
<p>Beambridge Medical</p> <p><b>Saddle Urinal</b></p> 	<p>Specifically designed for women to use in bed. Curved shell contours to the body allowing for fluid to pass easily into the chamber when sitting up or lying down. Serves as an alternative to the Bridge Urinal. Has the greatest standalone capacity of the female product range. Has a closed end and does not drain; it will require emptying after each void. Total useable unit volume = 750ml</p>	<p>6.26/ PIP Code 271-7221</p>	<p>1</p>	<p>£14.67</p>
<p>Beambridge Medical</p> <p><b>Lady Jug</b></p> 	<p>Designed use in bed and serves as an alternative to the Bridge Urinal. Moulded from a soft plastic, which comfortably seals with the skin and helps minimise leakage. Please note, it is not designed to store fluid and must be used with a Drainage Bag or Leg Bag.</p>	<p>6-45 PIP Code 237-6291</p>	<p>1</p>	<p>£15.78</p>
<p>Beambridge Medical</p> <p><b>Lady funnel - Female Urine directors / positioners</b></p> 	<p>Useful for ladies who are unable to sit on the toilet to pass urine and can be attached to a 2 litre urine drainage bag</p>	<p>6-40 PIP Code  277-1111</p>	<p>1</p>	<p>£14.10</p>

Manfred Sauer UK Ltd <b>URIBag F pocket sized Female Urinal</b>	Useful when travelling. Small enough to put in pocket. Advise to wash using soapy water, NOT disinfectant or bleach. Advise to turn urinal inside out to wash & dry Advise to check rubber lining is not perished to avoid accidents. <b>Contains Latex</b>	URIBag F	1	£14.57
<b>Male Products</b>				
Beambridge <b>Funnel Male Urinal Director/Positioner</b> 	Useful for men with retracted penis, difficulty in directing flow, and for mobility problems. Can be used to aid toileting where there is difficulty managing a urinal by attaching a 2 litre drainage bag. Available in 4 sizes	6- 35 6-35M 6- 38 6-37 PIP Code 262-5960 301-0667 340-0934 340-1007	1	£13.55
Beambridge <b>Draining Jug with tap</b> 	Helpful for patients with mobility problems and for men who void large volumes of urine. A 2L drainage bag may be used to accommodate larger volumes of urine.	6-50T PIP Code 282-9463	1	£14.76
Manfred Sauer UK Ltd <b>URIBag pocket sized Male Urinal</b> 	Useful when travelling. Small enough to put in pocket. Advise to wash using soapy water, NOT disinfectant or bleach. Advise to turn urinal inside out to wash & dry Advise to check rubber lining is not perished to avoid accidents. <b>Contains Latex</b>	URIBag	1	£14.57

## ANAL PLUGS

- Prescribing of anal irrigation products should ONLY be undertaken following specialist initiation.
- Indicated for patients with neurogenic bowel dysfunction and chronic constipation in whom other options have been tried at maximum doses and remain unsuccessful

Order Code	Product	Quantity	Drug Tariff
1450	Coloplast Ltd <b>Peristeen Anal Plug</b> SMALL	20	£47.51
1451	Coloplast Ltd <b>Peristeen Anal plug</b> LARGE	20	£46.54

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PrescQIPP Continence Formulary Booklet

RCN Guidelines (2012) Catheter care - RCN guidance for Nurses

National Drug Tariff October 2019

## Appendix 1

### GOOD PRACTICE FOR HOME DELIVERY REQUESTS

#### INTRODUCTION

Incontinence appliances can be home delivered. Home delivery includes delivery to a patient's, nursing or residential homes.

The following recommendations have been made for prescription requests requiring home delivery to avoid over ordering, wastage, poor communication, and inappropriate requests from suppliers or appliance contactors for items which may be viewed as manufacturer driven requests for prescriptions.

#### RECOMMENDATIONS

- The patient or their representative [e.g. nurse or carer] wherever possible should request repeat prescriptions from the **Practice, not the supplier**. This is because appliance contractors will often prompt prescription requests and some patients may feel obliged to order goods even when it is not yet required leading to stock piling of high cost items.
- A clear documented procedure for the handling and processing of prescription requests for products on home delivery service should be in place for each practice and care home.
- Any requests for new items or changes in repeat prescription requests should only be accepted if it is known to be recommended by an NHS professional [Continence Specialist, District Nurse etc.] and/or clinical need has been confirmed by the patient themselves. **Never** accept a new request or changes in prescription requests for home delivered prescription items from a supplier on the patient's behalf without confirmation of consent given either by the patient or NHS professional on their behalf.

- Prescriptions for home delivery should preferably be sent to the patient 's nominated appliance contractor preferably via **electronic prescription transfer (EPS)** to avoid delay and provide a clear audit trail.
- Prescriptions issued manually for home delivered items should be issued on a separate prescription to other drug items for supply from a Community Pharmacy. Consider marking prescription items "FOR HOME DELIVERY" under directions to avoid being issued inadvertently with other routine drug prescription requests for collection.
- Retrospective prescription requests from suppliers should **NOT** be accepted. Only written or faxed prescription requests received from appliance contractors should be accepted and copies kept on file for a minimum of 3 months in the event of subsequent prescription queries.
- The prescriber (GP, nurse specialist or other independent prescriber) should have the opportunity to assess the prescription request prior to issue. This ensures the Practice controls what the patient receives and not the supplier; (i.e. the same control that a GP uses when issuing prescriptions for medicines).
- The practice should ensure that they are aware of the usual consumption rate of home delivered items by the patient and that any irregularities or changes to prescription requests are reviewed with the patient or the home. A useful tip is to include frequency of use of appliances/feeds etc. by a patient under directions for use"
- Ensure patients are asked to order their repeat prescriptions 10-14 working days before they run out. If a patient moves away or is admitted into hospital, no further prescriptions for home delivery should be issued.
- All appliance contractors must also provide where required by the patient, a reasonable supply of wipes/swabs as part of the DH service arrangements (ref part IX of the Drug tariff) and therefore do not need to be prescribed on repeat prescription.