

# Continence Formulary

NHS Great Yarmouth and Waveney  
Clinical Commissioning Group (CCG)  
In conjunction with  
East Coast Community Healthcare

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## Adult Urinary Catheters

### Can be used for Suprapubic insertion

1. **Maximum period of use 12 weeks, unless catheter blocks/infection and needs replacing**
2. Catheter sizes are designated by the Charrière (Ch) Gauge system (even numbers only). Where size is not stated by the prescriber, size 14 or 16 will be supplied.
3. If a balloon size is not stated by the prescriber when ordering a Foley catheter, a 10ml balloon will be dispensed for adults.

<b>Hydrogel Catheter Rusch Sympacath Aquaflate</b> Includes a sterile water filled syringe for balloon inflation and empty syringe for balloon deflation <b>Will need local anaesthesia gel. No need for water as supplied</b>	<b>Gauge (Ch)</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
Rusch Sympacath Aquaflate Hydrogel coated Male 10ml DH310112-DH310118	12 to 18	1	£6.11	4-6 catheters per year
Rusch Sympacath Aquaflate Hydrogel coated Female 10ml DH210112-DH210118	12 to 18	1	£6.11	4-6 catheters per year
<b>All –silicone catheters L.I.N.C</b> All silicone catheter with UniBal type balloon with sterile water filled syringe for balloon inflation and empty syringe for balloon <b>Comes with anaesthesia gel. No need for water as supplied</b>	<b>Gauge (Ch)</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
L.I.N.C All silicone catheter 08501205W Standard Balloon size 5ml	12	1	£5.52	4-6 catheters per year
L.I.N.C All silicone 08501405W Standard Balloon size 5ml	14	1	£5.52	4-6 catheters per year
L.I.N.C All silicone catheter 08501610W Standard Balloon size 10ml	16	1	£5.52	4-6 catheters per year
L.I.N.C All silicone catheter 08501810W Standard Balloon size 10ml	18	1	£5.52	4-6 catheters per year
L.I.N.C All silicone catheter 08501205W Female Balloon size 5ml	12	1	£5.52	4-6 catheters per year
L.I.N.C All silicone catheter 085014051W Female Balloon size 5ml	14	1	£5.52	4-6 catheters per year
L.I.N.C All silicone catheter 085016101W Female Balloon size 10ml	16	1	£5.52	4-6 catheters per year

**L.I.N.C produce a silicone catheter with UniBal type balloon with a glycerin filled syringe** for balloon inflation, empty syringe for balloon deflation and a syringe of lidocaine & chlorhexidine for lubrication, just add a **G** to the end of the code instead of a W.

**Suprapubic catheters should be 16ch or above please contact the continence team if you have any concerns around size or frequency of replacing.**

## Mid Term Catheter: Suitable for use for up to 28 days

Catheter and reference code PTFE coated latex with <b>sterile water filled syringe for balloon inflation</b> and empty syringe for balloon deflation. No need to order water	Gauge (Ch.)	Pa ck	Price	Quantity guidance
Rusch PTFE AquaFlate Male DP310112 - DP310124 10ml	12 to 24	1	£2.17	1 per 28 days
Rusch PTFE AquaFlate Female 10ml DP210112 - DP210124	12 to 24	1	£2.17	1 per 28 days

### Intermittent Single Use Only Catheters

**All the Catheters below will need patient instruction from a specialist nurse**  
Nélaton Catheter ('ordinary' cylindrical Catheter)

First Line Choice	Gauge (Ch.)	Pack	Price	Quantity guidance
Rusch Flocath quick, with integral 0.9% sterile saline solution (851221) <b>Female</b>	8-14 16-20	30	£36.67 =£1.22 each	If patient using more than 6 times a day equivalent to 180 (6 x 30) per month please contact continence team for advice
Rusch Flocath quick, with integral 0.9% sterile saline solution (851241) <b>Male</b>	8-18 20	30	£36.67 =£1.22 each	
Second line Choice	Gauge (Ch.)	Pack	Price	
Speedicath <b>Male</b> 28408 – 28418	8 to 18	30	£45.17 =£1.50 each	
Speedicath <b>Female</b> 28506 – 28516	6 to 16	30	£45.17 =£1.50 each	
As per Specialist Nurse Male Only	Gauge (Ch.)	Pack	Price	
Manfred Sauer UK Ltd iQ Cath Gel+ IQ3204.10 - IQ3204.18	10 to 18	30	£52.01 =£1.73	
As per Specialist Nurse	Gauge (Ch.)	Pack	Price	
The Meatal Dilator is 10cm long, and is a single use hydrophilic coated catheter without drainage eyes designed specifically for dilatation of meatal strictures				
Peak medical Ltd. UltraSmooth Hydrophilic Meatal Dilator USMD08-18	8 to 18	25	£34.18 =£1.37 each	

### Re-usable intermittent catheter Re-usable for 24 hours (Female only)

Female 100% biodegradable	Gauge(Ch.)	Pack	Price	Quantity guidance
Emteva (Hunter) Female 46F12-30-UK	12-30	30	£40.87 (£1.36 each)	30 per month

## Incontinence Sheaths

It is recommended that patients should be measured for the correct size prior to prescribing a sheath drainage system. Sheaths should be changed on a daily basis unless stated.

### All recommended sheaths are latex free.

These will continue to be supplied to patients already prescribed these products

Incontinence Sheaths Self-adhering silicone sheath	Gauge (Ch.)	Pack	Price	Quantity guidance
Qufora Sheaths  Available in standard & short sizes 24mm to 40mm	standard 24mm 20111101 28mm 20111201 31mm 20111301 35mm 20111401 40mm 20111501	30	£38.38	30 Per month
	Short 24mm 20111103 28mm 20111203 31mm 20111303 35mm 20111403 40mm 20111503	30	£38.38	

New patients will be started on these sheaths by the ECCH continence team

Incontinence Sheaths Self-adhering silicone sheath	Reference	Size	Pack	Price	Quantity guidance
Proslys Flofit Available in standard	PSS24STD/B	24MM	30	All sizes  £46.20 (Aug 18)	30 Per month
	PSS28STD/B	28MM	30		
Pop-on	PSS31STD/B	31MM	30		
	PSS35STD/B	35MM	30		
	PSS40STD/B	40MM	30		
	PSS24POPON/B	24mm	30		
Wide band	PSS28POPON/B	28mm	30		
	PSS31POPON/B	31mm	30		
	PSS35POPON/B	35mm	30		
	PSS40POPON/B	40mm	30		
	PSS24WIDEBD/B	24MM	30		
	PSS28WIDEBD/B	38MM	30		
	PSS31WIDEBD/B	31MM	30		
	PSS35WIDEBD/B	35MM	30		
	PSS40WIDEBD/B	40MM	30		

## Leg Bags (day)

**Leg bags are to be used for 7 days; they are not to be changed daily.**

(If a patient has to have a flush through their system then the bag may need changing more frequently)

Stands for the bags are available from the Continence team

Leg Bags Drainage bag with a tap or lever outlet, overnight connector and elastic Velcro straps. Containing 10 pairs of straps per box of 10 leg bags	Order Number	Pack	Price	Quantity guidance
<b>LINC- Flo Sterile Leg Bag</b> 350ml direct inlet tube T-Tap	LM350SD-T	10	£20.55	1 box of 10 bags every two months  <b>These bags come with leg straps</b>
<b>LINC- Flo Sterile Leg Bag</b> 350ml 10cm inlet tube T-Tap	LM350MD-T	10	£20.55	
<b>LINC- Flo Sterile Leg Bag</b> 500ML direct line inlet tube Lever Tap	LM500SD-L	10	£22.09	
<b>LINC- Flo Sterile Leg Bag</b> 500ML 10cm inlet tube Lever Tap	LM500MD-L	10	£22.09	
<b>LINC- Flo Sterile Leg Bag</b> 500ML 30cm inlet tube Lever Tap	LM500LD-L	10	£22.09	
<b>LINC- Flo Sterile Leg Bag</b> 500ML direct inlet tube T-Tap	LM500SD-T	10	£22.13	
<b>LINC- Flo Sterile Leg Bag</b> 500ML 10cm inlet tube T-Tap	LM500MD-T	10	£22.13	
<b>LINC- Flo Sterile Leg Bag</b> 500ML 30cm inlet tube T-tap	LM500LD-T	10	£22.13	
<b>LINC- Flo Sterile Leg Bag</b> 500ML adjustable inlet tube, Lever tap	LM500AD-L	10	£21.84	
<b>LINC- Flo Sterile Leg Bag</b> 500ML adjustable inlet tube, T-Tap	LM500AD-T	10	£22.13	
<b>LINC- Flo Sterile Leg Bag</b> 750ML direct inlet tube T-Tap	LM750SD-T	10	£22.10	
<b>LINC- Flo Sterile Leg Bag</b> 750ML 10cm inlet tube T-Tap	LM750MD-T	10	£22.10	
<b>LINC- Flo Sterile Leg Bag</b> 750ML 30cm inlet tube T-tap	LM750LD-T	10	£22.10	
<b>LINC- Flo Sterile Leg Bag</b> 750ML adjustable inlet tube, Lever tap	LM750AD-L	10	£22.10	
<b>LINC- Flo Sterile Leg Bag</b> 750ML adjustable inlet tube, T-Tap	LM750AD-T	10	£22.10	

## Night Bags

Stands for bags are available from the Continence team

Night Bags (re-usable: usage 7 days) Recommend using these within care settings where they can store the bag safely/hygienically	Order Number	Pack	Price	Quantity guidance
LINC-Flo Urinary Drainage Bag Tap outlet	SLC13	10	£9.44 (94p per Week)	1 box of 10 every two months
LINC-Flo Urinary Drainage Bag lever outlet	SLC13 -L	10	£9.44 (94p per Week)	1 box of 10 every two months
Night Bags Single Use only For use in settings that cannot store the re-usable night bags safely/hygienically	Order Number	Pack	Price	Quantity guidance
LINC-Flo non-sterile 2 litre overnight drainage bag with 100cm inlet tube and non-return valve	LM2LNS	10	£2.11 (21p a day = £1.47 per week)	30 per month

## Catheter Valves

<b>Catheter Valve</b>	<b>Order No.</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity</b>
Not required for patients that have leg bags. Catheter valves should not be used without assessment of bladder function by an appropriate medical professional <b>It is recommended that the catheter valve is changed every 5-7 days</b>				
Linc Care-Flo catheter valve	CF1	5	£7.53	<b>1 pack of 5 per month</b>

## Suspensory System

<b>Suspensory System (washable)</b>	<b>Sizes</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
Prosys Leg Bag Sleeve	small (24-40cm)	4	£7.55	<b>1 pack of 4 per YEAR</b>
	medium (36cm-50cm)	4	£7.55	
	large (40-65cm)	4	£7.55	

## Leg Straps

<b>Leg Straps Basic leg straps have been removed as L.IN.C leg bags in the formulary come with straps in the box. If you require basic leg straps please contact the continence team as they have stock</b>	<b>Order number</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
Simple G strap Adult	383001	5	£14.44	<b>5 per year</b>
Simple G Strap Abdominal ( or can be for a large thigh)	383003	5	£15.93	<b>5 per year</b>

## Local Anesthesia

<b>Local Anaesthesia</b>	<b>Sizes Available</b>	<b>Pack Size</b>	<b>Price</b>	<b>Quantity guidance</b>
Local anesthesia is only required if using the <u>Rusch catheters</u> as the L.IN.C catheters come with aesthetic gel				
OptiLube Active Sterile Lubricating Jelly	6ml Female	10	£1.09 each	Up to 6 Singles per year if on standard regime catheter change ,more if catheter has to be changed more frequently
	11ml Male and Supapubic	10	£1.14 each	

## Antimicrobial Wash:

<b>Antimicrobial Wash</b>	<b>Sizes</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
For MRSA follow local infection control guidance for MRSA positive patients: product should be used two days prior to catheter change and two days after, making sure all the body including hair is washed.				
Octenisan lotion	500ml	1	£2.56	As per clinician

## Irrigation/Cleansing

<b>Cleansing (sodium Chloride 0.9% in a plastic rigid vial)</b>	<b>Size</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
Clinipod	20ml	25	£4.80 = 20p each	As per clinician

## Barrier Preparations

<b>Barrier Preparation</b>	<b>Size</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity Guidance</b>
Sorbaderm cream <b>Shelf life of 12 months from opening</b>	92g	1	£6.48	92g max every 2 months
Sorbaderm no sting pump spray (alcohol free) <b>Can be used on broken skin/the area to cover is large/patient cannot be touched</b>	28ml	1	£5.39	Monthly Depending on area/reason for use



**If clinician is requesting water for injection for continence please supply Mini-Plasco water for injection 10ml (which comes in a plastic vial) manufactured by B. Braun**

## **Catheter Maintenance Solutions**

### **Advice from the POLICY FOR CATHETER MANAGEMENT (2014)**

Catheter Solutions should never be routinely administered to catheterised patients without a clear clinical rationale for their use. Using these solutions does carry a risk of introducing infection. The clinician should be aware of the different substances, their indications and correct usage (RCN 2008). Solutions should not be used as a substitute for re-catheterisation if that is what is required (Addison 2000). Bladder washouts must not be used to prevent catheter-associated infection (NICE 2003). Smaller volumes of washout (50ml/30ml) are as effective as the standard 100ml and two sequential washouts with 50ml/30ml are more effective than a single wash out (Holtom 2004).

### **These solutions can be ordered as singles**

#### **Sodium Chloride 0.9%**

Normal saline should only be used when a purely mechanical effect is required for the removal of small blood clots, tissue and debris.

<b>Sodium Chloride 0.9%</b>	<b>Sizes Available</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
Uro-Tainer NaCl 0.9%	50ml 100ml	10 10	£3.54 each £3.54 each	As per clinician advice

#### **Solution G**

Solution G works by dissolving the crystals formed by urease producing bacteria. Solution G contains Magnesium Oxide; this has been incorporated to prevent bladder irritation due to the acidic nature of the solution.

<b>Solution G</b>	<b>Size</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
Contains:- Citric acid 3.23%, magnesium oxide 0.38%, sodium bicarbonate 0.7%, disodium edetate 0.01%				
Uro-Tainer Twin Suby-G 3.23%	2 x 30ml	10	£4.85 per 2x30ml	As per clinician advice

#### **Solution R**

Solution R is effective at dissolving persistent or severe encrustation due to its acidic nature. It can also be used just prior to catheter removal to dissolve any crystals on the tip of the catheter, which may cause trauma on catheter removal. This solution has been extensively trialled.

<b>Solution R</b>	<b>Sizes</b>	<b>Pack</b>	<b>Price</b>	<b>Quantity guidance</b>
Contains:- Citric acid 6%, gluconolactone 0.6%, magnesium carbonate 2.8%, disodium edetate 0.01%				
Uro-Tainer Twin Solution R	2 x 30ml	10	£4.85 per 2x30ml	As per clinician advice

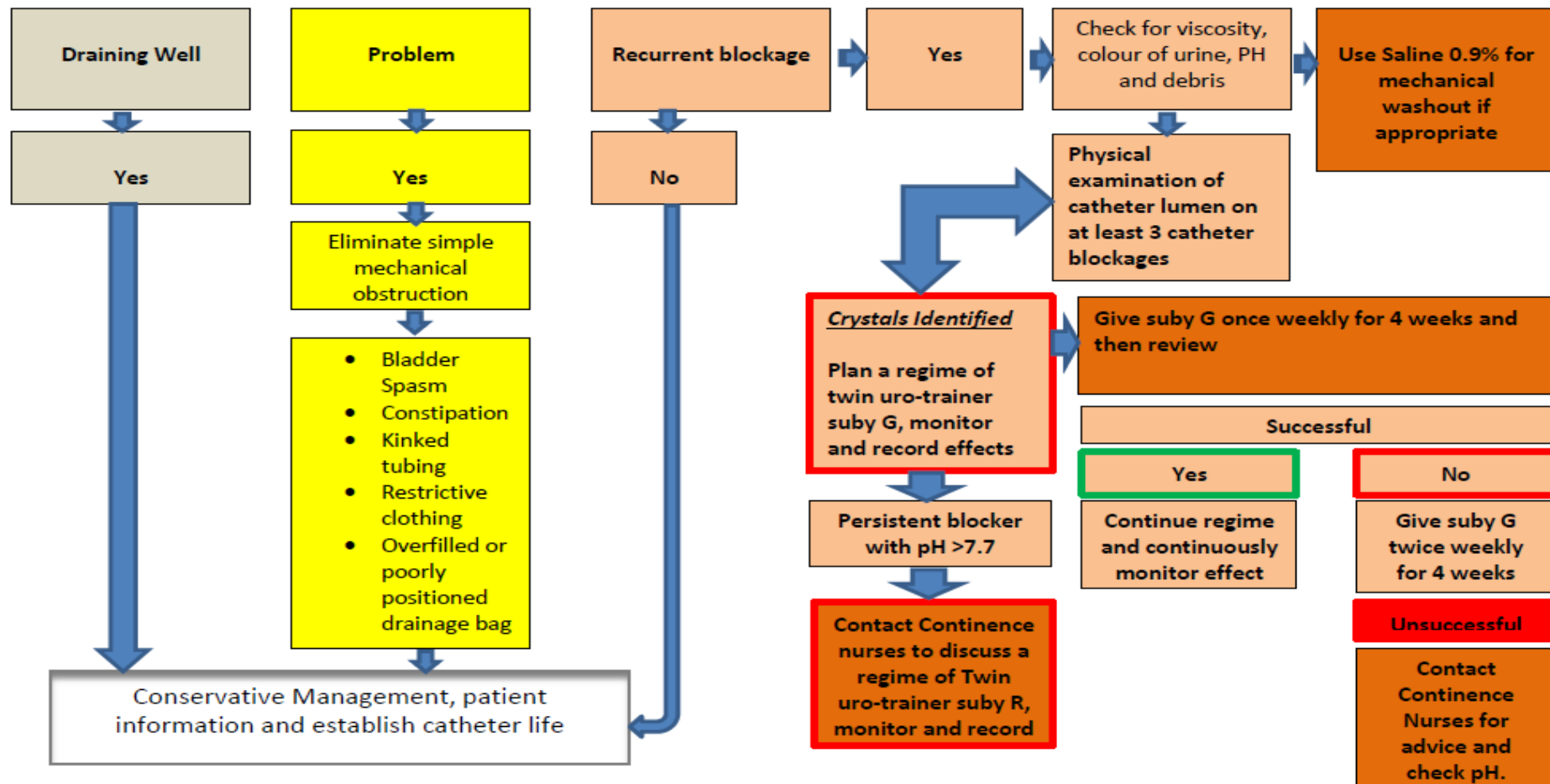




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Author: Helen Notley

## Catheter in Situ

Establish catheter history and drainage pattern  
It is recommended that a least 3 catheters are monitored and recorded



## Causes of Catheter blockage

