

# **DERBYSHIRE HEALTH COMMUNITY**

**Derbyshire Community Health Services NHS Foundation Trust,**

**Derby and Derbyshire Integrated Care Board**

## **CONTINENCE APPLIANCE PRESCRIBING GUIDELINES**

### **COMMUNITY GUIDELINE**

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## Introduction

Prescribing for continence products is becoming an increasingly difficult and complex process given the variety of products available. This guidance aims to help in the rational prescribing of continence products to promote good clinical practice. It is expected that prescribers will preferentially use the products listed in the guidance for routine use. Product selection has been based on cost-effectiveness, evidence of efficacy (although there is little research evidence available), manufacturers literature and practical experience of use.

## Review And Update

Guidelines need to be regularly updated and reviewed to ensure they meet the needs of patients. The process for reviewing and updating the guidelines included:

- Incorporation of new NICE technology appraisal and recommendations
- Responding to important new evidence relevant to the guideline
- Responding promptly to important new information on medicines safety, such as serious adverse effects
- Reviewing and updating associated decision outputs
- Ensuring timely evaluation of requests to review and reconsider the evidence
- Establishing a rolling schedule of structured guideline review

The guidelines have been updated and were previously developed by health professionals from primary and secondary care. Consideration for new products to be included within the guideline has been supported by the implementation of representative meetings which have been scheduled every quarter. The patient experience and use of the products have been considered when undertaking the review and update of this guideline. A decision - making working group identified specific products to be included in the guideline.

## Prescriptions For Appliances

Prescriptions for appliances should be issued at the request of the patient or their carer and will not be issued if requested from a third party. Repeat requests should not be accepted from a dispensing appliance contractor; there can be significant problems related to appliance contractors ordering prescriptions on behalf of patients, such as over-ordering quantities or ordering too early, which can lead to considerable wastage. The dispensing contractor must receive the prescription prior to the delivery of items.



### **Prescriptions should not be issued *retrospectively* for Dispensing Appliance Contractor (DAC)**

If organisations have a manufacturing sponsored nurse, they should ensure that the specialist nurse is not required to recommend the sponsor's products in preference to other clinically appropriate appliances or withhold information about other products. Furthermore, the arrangement should not require that patients are recommended to use a particular dispensing service.

Continence appliances are usually provided to patients by a prescription written by their GP or a nurse prescriber, which can then be dispensed by either:

- A Dispensing Appliance Contractor (DAC)
- A community pharmacy contractor
- A dispensing doctor

There are a number of ways that patients can request a repeat prescription for appliances.

- Online using the NHS App
- From the GP practice
- Joined Up Care Derbyshire Medication Ordering Line (MOL)  
Patients can order repeat prescriptions over the telephone. The Medicine Order Line service is open from 8AM to 4PM Monday – Friday (excluding bank holidays).

If you are a patient at one of the following practices, please call: **01246 942751** (Arden House, Buxton, Dronfield Medical Practice, Goyt, Ivy Grove, Sett Valley, Thornbrook)

For all other practices please telephone **01246 588860** or **0115 855 0260**

An online ordering form is also available on [www.derbyshiremol.nhs.uk](http://www.derbyshiremol.nhs.uk). The form takes just a few minutes to complete and a member of our team will process your request within 48 hours.

## **Prescribing Points**

When prescribing:

- Include full details of product required to ensure the correct size, type, quantity, and length (Standard / Male or Female for catheters)
- The brand and manufacturer should be stated to ensure continuity of supply.
- DO NOT prescribe generically because of the differences between individual products.
- Avoid the term 'original pack' (OP). Pack sizes differ between products and patients may receive inappropriate amounts if the quantity is not stated.
- The Drug Tariff (Part IXA for urethral catheters and IXB for other continence appliances) outlines the pack sizes available for different products.
- When new products are being tried, the smallest amount required should be prescribed to minimise wastage.

Choosing an appropriate continence product depends upon a variety of factors:

- Accurate assessment and diagnosis
- The evidence base for the effectiveness of products
- Patient choice
- The history and effect of previously used products
- Prescribers' awareness of which products are available.
- The cost of the product

It should be remembered that the use of any continence appliance may significantly affect the person who must use them (and their carers) psychologically, physically, socially and sexually. These issues should always be considered whenever a continence product is prescribed.

## **Assessment And Diagnosis**

Accurate assessment of patients with a bladder/bowel problem is vital to maximise the potential for cure or alleviation. Diagnosis must be established wherever possible, as the effective management of the bladder/bowel problem depends on the cause. If a diagnosis cannot be made, referral to a specialist may be appropriate.

## **Evidence Base For Products**

Although there is some good evidence available on strategies for treating bladder and bowel problems, research around the appropriate use of continence products is limited and is often of poor quality. Many studies involve small numbers of patients and there are few randomised controlled trials. All nurses involved in continence care should have up to date knowledge of products available and their relative merits. The key message from these studies is that no single product suits all patients.

## **Product Use History**

A full continence product history should be taken from the patient as well as details of the patient's experience with devices. Patient-held product records may assist continuity and increase patient involvement. Any history of allergies to products such as latex, chlorhexidine and lidocaine should be determined and documented, as potential allergens are often used in continence products.

## **Patient Choice**

Enabling the patient to make an informed choice when selecting products is important. The choice of continence products is determined by clinical assessment and guided by the continence prescribing guideline in most cases. It is recognised that a small number of patients may need items that are not included in the guideline which may be prescribed or purchased by the patient if the product is not available on FP10. Patients' and carers' views or needs may change with experience; therefore, a regular review of product's acceptability is essential.

### **How Are Continence Products Regulated?**

All continence products within this guidance are classified as medical devices and are regulated by the Medicines and Healthcare Regulatory Agency (MHRA). [www.mhra.gov.uk](http://www.mhra.gov.uk). The MHRA should be informed of minor faults and discrepancies between products as per Trust Policy for Medical Devices. Anyone may report adverse incidents using the yellow card system, including patients, carers, or any healthcare professionals. The forms can be found in the BNF or can be downloaded / completed online from the MHRA website [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard)

### **Indwelling Foley Catheters**

Careful patient assessment is essential before deciding to catheterise and alternative management options (Intermittent Self Catheterisation ISC) should be considered first in view of the complications associated with long term catheterisations.

All Catheter Associated Urinary Tract Infections that have developed whilst within DCHS care are reported as an incident via the Datix system.

Insertion of urinary catheters is a high impact intervention and nursing staff have the potential to significantly reduce infection rates. The presence of a urinary catheter and the duration of its insertion are contributory factors to development of a urinary tract infection. Some 60% of healthcare associated urinary tract infections are solely related to catheter insertion and between 2-7% of patients acquires bacteriuria with every day of catheterisation. The longer the catheter is left in place the greater the likelihood of infection. All interventions relating to urinary catheterisation and continuing catheter care must minimise the risk of infection and prevent complications to maintain the comfort and well being of the individual receiving the care.

The management of individuals requiring an indwelling catheter system includes obtaining consent, appropriate selection of equipment, aseptic non-touch technique (ANTT) for catheter insertion, appropriate drainage systems and its maintenance, continuing care and daily review of its necessity with prompt removal of the catheter. The HOUDINI catheter removal protocol ensures the timely removal of the catheter if it is not clinically indicated. In the community setting, urinary retention, the promotion of wound healing in patients with sacral sores and use in end-of-life care are considered the clinical indications for insertion of indwelling catheter. Catheters should never be used for the management of incontinence.

NHS England have developed a suite of catheter tools which includes a national catheter passport. It is envisaged that patients within the hospital setting will have access to the same appliances as recommended in the community guidelines which will help to standardise catheter care.











### **Best Practice And Recommendations - The Key Messages**

- The clinical indication for catheterisation **MUST** be documented
- Use of a 5ml - 10ml balloon helps to minimise the risk of infection, irritation, spasm, ulceration, and stricture formation
- Smaller catheters minimise urethral trauma and improve patient comfort. **Make sure you select the correct length catheter – female length or standard / male length - Female only catheters can cause severe trauma and haemorrhage if used in males**
- For male patients use a standard length, size 12Ch or 14Ch

- For female patients use a female length, size 12Ch but standard length can be used if the patient finds this more comfortable.
- To avoid problems such as bypassing, the smallest charriere size which provides adequate drainage should be used, however a larger size is sometimes advised in urological patients
- For supra-pubic catheters use a standard length – no less than a size 16Ch. The catheters in this guideline are licensed for both urethral and supra-pubic use.
- An all-silicone catheter should be considered as a first line choice due to the increase in latex allergy
- Episodes of catheter blockage must be documented. A catheter history for each patient should be developed using the appropriate tool to prolong the length of catheter life before potential blockage. Once this is determined, the catheter should be changed before blockage is expected.
- The use of a sterile lubricating / anaesthetic gel is advocated for both male and female catheter insertions. A 6ml syringe is adequate for females and supra pubic , 11ml syringe for males  
The catheter lubricating gel in the guidelines contains lidocaine and is chlorhexidine free. This was selected as severe allergic reactions to chlorhexidine have been reported.
- Patients should be provided with a spare catheter in case of blockage.
- Patients requiring a catheter in the long term should be provided with the NHS passport - My Urinary Catheter and training / instruction with regards managing their own catheter.
- Patients should be provided with a hospital to home pack when discharged from the hospital setting and a completed referral to the community teams.

### Sizing And Colour Coding For All Catheters

There is a universal colour coding on all catheters (nelaton and foley) which denotes the Charriere (Ch) or French gauge (Fr). The catheter brand and size of balloon is printed on the funnel.


		5 fr
		6 fr
		8 fr
		10 fr
		12 fr
		14 fr
		16 fr
		18 fr
		20 fr



**All catheters in the guideline are licensed for urethral and suprapubic use and are packaged in single units with a 10ml prefilled syringe of water for balloon inflation and an empty syringe for balloon deflation.**


### Short Term Foley Catheter (Up To 28 Days)


Generally inappropriate for use in primary care unless patients experience recurrent blockage necessitating frequent changes (more than 12 per year). If this type of catheter is used it must be clearly documented. When patients are discharged from an acute hospital to a community setting, it is important to check what type of catheter they have inserted, when it was inserted and why it was inserted.

Product	Standard / Male length 40cm		Female length		Cost	Comment / expected use
	Code	PIP Code	Code	PIP Code		
<b>Rusch AquaFlate</b> PTFE coated latex 10ml balloon. 	DP310112	285-6821	DP210112	285-6300	£2.32	Prescribe two initially and then one catheter per month.
	DP310114	285-6839	DP210114	285-6318		
	DP310116	285-6847	DP210116	285-6326		
	DP310118	285-6854				





### Long Term Foley Catheter (3-12 Weeks Use)

#### First Line choice

Product	Standard / Male length 40cm		Female length		Cost	Comments
	Code	PIP Code	Code	PIP Code		
<b>Spirit Care</b> All-silicone catheter 5 -10ml balloon 	SH-CC034 12	418-6573	SH-CC038 12	418-6615	£4.50	Prescribe 3 initially and from then on only 1- 2 to be prescribed at a time.
	SH-CC035 14	418-6599	SH-CC039 14	418-6623		
	SH-CC036 16	418-6581	SH-CC040 16	418-6631		
	SH-CC037 18	418-6607	SH-CC041 18	418-6649		

Product	Standard / Male length		Female length		Cost	Comments
	Code	PIP Code	Code	PIP Code		
<b>Rusch Sympacath</b> Hydrogel coated latex With 10ml balloon 	DH310112	285-6227	DH210112	285-6151	£6.65	Prescribe 2 initially and from then on only one to be prescribed at a time.
	DH310114	285-6235	DH210114	285-6169		
	DH310116	285-6243	DH210116	285-6177		
	DH310118	285-6250	DH210118	285-6185		

## Specialist Foley Catheters (3 -12 weeks usage)

Product	Standard / Male length 40cm	Code	PIP Code	Cost	Comments
<b>Brilliant Plus Aquaflate</b> 5 -10ml balloon  Prescribe 2 initially and from then on only one to be prescribed at a time	Cylindrical Tip  	850081 000120		£6.22	10% glycerine is added to the water to prevent water loss from the balloon.
		850081 000140			
		850081 000160			
		850081 000180			
		850081 000200			
	Tieman Tip  	850084 000120		£8.79	10% glycerine is added to the water to prevent water loss from the balloon.
		850084 000140			
		850084 000160			
		850084 000180			
		850084 000200			
<b>ProSys</b> All silicone catheter  	Open Tip / Open Ended	PCF12M10E	419-0674	£5.93	Integrated balloon for easier catheter removal -no cuffing of the balloon. Consider for suprapubic.
		PCF14M10E	419-0682		
		PCF16M10E	419-0690		
		PCF18M10E	419-1086		
<b>Mediplus</b> All silicone catheter  		5777 14	393-5722	£9.15	As above with added glycerine to prevent water loss
		5779 16	393-5780		
		5775 18	393-5766		

## Silver Coated Catheters

Silver coated catheters should only be prescribed with specialist advice from the continence service. Basic research and development, validation and in-use evaluations have shown benefits however; this has evaluated only the short term use and is not appropriate for continued use in primary care. Recent evidence suggests that the silver coated catheters may delay or prevent the onset of bacteriuria but there was insufficient evidence to indicate whether they reduce the risk of CAUTI. Silver coated catheters are licensed for short term use – up to 4 weeks.


## Sterile Catheter Lubricants For Catheter Insertion



National guidance (NICE Quality standard QS61: Quality statement 4) recommends using a suitable lubricant from a single-use container when inserting urinary catheters to minimise the risk of infection and trauma to the urethra. [All medical devices and medicinal products containing chlorhexidine - Risk of anaphylactic reaction due to chlorhexidine allergy - GOV.UK \(www.gov.uk\)](#)

In most cases the 6ml product should be used when treating females and the 11ml product when treating males. Different volumes may be used if clinically indicated however, extra caution should be exercised if using more than 11mls as the risk of side effects from the ingredients increases. It is not recommended to use more than 22mls for a single intervention.


Anaesthetic gel must not be used in patients with known hypersensitivities to the active ingredients or any of the excipients, in this situation, the Optilube sterile catheter lubricant would be suitable:



Product	Size	Code	PIP Code	Cost	Comment expected use
<b>Optilube Active CHG Free</b> (Chlorhexidine free) Contains lidocaine hydrochloride 2% - takes 3-5 minutes to take effect.	6ml	1167	404-0663	£1.08	For female use (Urethral)
	11ml	1168	404-0671	£1.13	For male use (Urethral)
<b>Optilube sterile catheter lubricant</b>  No active ingredients Does not contain lidocaine or chlorhexidine.	6ml	1125	373-4357	98p	Recommended for use with suprapubic catheters
	11ml	1126	373-4365	£1.03	Prescribe individually - 1 syringe per catheter prescribed

Product	Quantity	Code	PIP Code	Cost	Comment expected use
<b>OptiLube</b> lubricating gel  	5 gram sachets	1120	357-8275	16p	Sterile lubricating jelly suitable for most clinical procedures
	42 gram tube	1121	357-7012	£1.08	
	82 gram tube	1122	357-8283	£1.79	

**Irrigation pods and dressing packs are available via NHS Supply chain, FP10 or direct purchase**

Product	Quantity	NHS Code	Cost	Comment / expected use
<b>Irrigation pod</b>   <b>Dressit aseptic dressing pack</b> (for FP10 prescribing)	20ml pod x 25	MRB1140	£4.99	Irrigation fluid 0.9% normal saline for urethral cleansing prior to catheter insertion
	Small/medium Medium/large		69p	Each pack contains: 1 x sterile gloves 1 x disposable apron 1 x sterile sheet 1 x waste disposal bag 1 x paper dressing towel 5 x non woven swabs

## **Intermittent Self Catheterisation (ISC) - Nelaton Catheters**

Performing ISC protects the upper urinary tract from reflux and reduces the threat of encrustation and infection. Age should not prevent ISC being considered as an option for patients as it is suggested that ISC is a safe and valuable procedure for older people with significant post void residuals. How many catheters a patient uses depends on the medical reason for ISC and can range from 1-5 catheters daily to 1-2 catheters weekly. If ISC has been commenced whilst in hospital, the patients are usually discharged home on a specific size.

5-6 packs should be enough for a month's supply (30 catheters per pack- 150 catheters per month and full packs should be prescribed as they cannot be split. If ordering more than 6 packs per month - please liaise with the Continence Advisory Service regarding patient management.


The catheters on the guideline are recommended for routine use for males and females however patient assessment is advocated and the correct catheters selected on clinical need.

- Products are available on prescription. However, if a product becomes unavailable, please contact the Adult Continence Service.
- After clinical assessment if the products in the guideline do not meet the needs of the patient, please contact the Adult Continence Service.
- For patients already using products there may be situations where it is not in the patients' best interest to change to products on the guideline. Please refer to the Adult Continence Service if you require more advice.
- The continence guideline must be used when undertaking a new patient assessment where products need to be prescribed.
- Compliance to the guideline will be monitored through audit on an annual basis.
- Please refer to your NHS organisation policy on seeing medical representatives.
- Different catheters may be preferred in different settings/situations and a person may have more than one type of catheter to suit their own circumstances/lifestyle.

## Intermittent Urinary Catheters

First choice, most cost effective and recommended for routine use - if not suitable – contact Continence Advisory Service for advice

Add water	Male 40cm	Code	Female	Cost (pack/each) and information	
<b>Optismooth</b> Pack of 30	8-18	OS4008 OS4010 OS4012 OS4014 OS4016 OS4018	8-16  8-16 Mini	OS1808 OS1810 OS1812 OS1814 OS1816  OS1208 OS1210 OS1212 OS1214 OS1216 £35.40 £1.18  Available in paediatric sizes and 2 female lengths	
With a water sachet	Code Male	PIP code	Code Female	PIP code	Cost
<b>Sensacath aqua</b> Pack of 30	AQUAS12 AQUAS14 AQUAS16	419-9048 419-8925 419-9014 419-8990 419-8941	AQUAF10 AQUAF12 AQUAF14 AQUAF16	419-8933 419-9055 419-9022 419-9006	£33.27 £1.11  Available with a Tieman tip
<b>Spiritcare hydrophilic</b> Pack of 30	08 10 12 14 16 18	SH CC023 SH CC024 SH CC025 SH CC026 SH CC027 SH CC028	08 10 12 14 16	SH CC029 SH CC030 SH CC031 SH CC032 SH CC033	£33.00 £1.10
Wet / Prelubricated	Size/ Male	PIP Code / Code	Size Female	PIP Code/ Code	Cost
<b>BD Ready To Use</b> Pack of 30	12 14 16	RTU12M RTU14M RTU16M	10 12 14	RTU10F RTU12F RTU14F	£37.92 £1.26 each Available in paediatric and male with a Coude / Tieman tip
<b>Sensacath hydrophilic</b> Ready To Use Pack of 30 Male 10-18 Female 10-16	PSCM10 PSCM12 PSCM14 PSCM16 PSCM18	409-0437 409-0445 409-0452 409-0429 409-0460	PSCF10 PSCF12 PSCF14 PSCF16	409-0478 409-0486 409-0494 409-0502	£38.80 £1.29 Available in a Tieman tip


Product	Code	PIP Code	Cost	Comment / expected use
<b>Standard Length iQ Cath 21</b> with internal saline sachet Box of 30 	iQ2104-10 iQ2104-12 iQ2104-14 iQ2104-16 iQ2104-18	372-5421 324-7400 324-7418 324-7426 372-5413	£50.05	Known as a pathfinder due to soft, bendy tip Ideal for men with enlarged prostates, urethral strictures, false pockets, and difficult catheter insertion

<b>Female Length</b>	iQ2302 10	419-1607	£48.21	
<b>iQ Cath 23</b>	iQ2302 12	419-1599		
Ready to use Box of 30	iQ2302 14	419-1615		

## Sterile Catheter Leg Bags

Leg bags and night bags are NOT intended for single use in the community as this would increase costs unnecessarily. Bags may be reused for up to 5-7 days and good hygiene control should be used. One pair of non latex sterile gloves are included with each bag to avoid infection risk.



Leg bags are suitable for the collection of urine from indwelling catheters or sheaths. Designed for daytime use, they vary in capacity and can be worn in different positions (thigh, knee and calf). Leg bags differ in outlet taps, connectors, length of inlet tubes and inclusion of attachment straps. The quality of the tap on drainable appliances is important and patient capabilities on opening and closing the tap must be assessed before deciding on which bag to prescribe.

Product	Tap	Inlet tube	Volume / capacity	Product Code	PIP Code	Cost	Comments / Expected use
<b>ProSys</b> Sterile leg drainage bag Box of 10 	Lever tap	Short	500ml	P500S-LT	351-1474	£27.51	A ridged connector and a needle free sample port Secure overnight bag connection tube and non-return valve to prevent backflow of urine. Maintaining a closed drainage system i.e., not removing the leg bag when attaching a night bag reduces the risk of infection 1 pair of elastic straps included per box of 10 bags Prescribing - 1 box of 10 every 2 months
		Long	500ml	P500L-LT	351-1466	£27.51	
	Slide tap	Short	350nl	P350S	299-6817	£27.51	
		Long	350ml	P350L	299-6767	£27.51	
		Short	500ml	P500S	299-6825	£27.51	
		Long	500ml	P500L	299-6791	£27.51	
		Short	750ml	P750S	299-6833	£27.51	
		Long	750ml	P750L	299-6809	£27.51	


## Sterile And Non-Sterile 2 Litre Catheter Night Bags

These drainage bags are connected to the leg bag and are used in conjunction with a stand or bag hanger. The position of the bag should be 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 to the bladder mucosa, which may increase the likelihood of catheter blocking.


If in a nursing home / residential home or hospital setting with no ensuite facility a drainable single use night bag is recommended if attaching to a leg bag. Inappropriate re-use of urinary continence devices, such as some night urine bags may increase infection risks. Where items are labelled single use, recommending re-use means that the legal liability for the product rests with the prescriber.

Product	Tap	Volume	Code	PIP Code	Cost	Comment / expected use
<b>ProSys</b> Sterile 2 litre night drainage bag  3 way night bag stand 	Slide	2000mls	<b>P2000</b>	313-7940	£12.73	5-7 days use Can be connected directly to the catheter or connected to a leg bag for overnight drainage. Prescribe 1 box of 10 every two months.  <b>Not available on prescription</b> <b>Please contact the Adult Continence Service or Clinisupplies for night bag stands</b>
	Lever	2000mls	<b>P2000-LT</b>	351-1458	£12.73	

### Non Sterile Single Use 2 Litre Drainable Night Bags




Company and product	Tap	Volume	Code	PIP Code	Cost	Comment / expected use
<b>ProSys</b> Non sterile single use drainable night bag x 10 	Slide	2000mls	<b>PSU2</b>	327-6672	£3.26	For use on hospital wards and residential / nursing homes <b>where the patient does not have access to their own bathroom.</b> Slide tap designed to ensure that the bag cannot be reused. Prescribe 3 packs per month

### Specialist Catheter Bag

Product	Tap	Code	PIP Code	Cost	Comment / expected use
<b>Rusch Belly Bag</b> 	Twist tap	B1000P	303-7173	£11.43	Sterile drainage bag with sample port Can be used for up to 30 days and should be prescribed as a single unit Reduces use of single use plastics Discreet .Not suitable for patients who have reduced bladder pressure



### Catheter Retainer / Fixation Straps

Catheter retainer straps are used to prevent trauma and help to reduce the risk of infection. All patients with a foley catheter should have a fixation device to securely hold the catheter. Patients and carers should be educated on the correct fitting of the retainer strap. The Ugo fix gentle is ideal to use with a nephrostomy and may help to prevent penile trauma.

Product	Size	Code	PIP Code	Cost	Comment / expected use
<b>ProSys</b> Catheter fixation Strap 	Short- 40cm	<b>PCS40</b>	408- 5536	£12.84	Pack of 5 Machine washable Prescribe 1 box every 4- 6 month 
	Adult- 50cm	<b>PCS50</b>	408- 5544	£13.05	
	Abdominal 85cm	<b>PCS85</b>	408- 5551	£14.40	
<b>Ugo Fix Gentle</b> 	One size	3004	394-9054	£13.70	Can be left insitu for 7 days Pack of 5 Prescribe 1 pack per month

### Catheter Bag Support

Leg straps are often not used correctly, and the leg bag sleeve may be comfortable to wear. Measurement of the patients' leg is essential to ensure a correct fitting.

Product	Size	Code	PIP Code	Cost	Comment / expected use
<b>ProSys</b> Leg bag sleeve Pack of 4 	Small Leg circumference 24-40cm	<b>PLS3881</b>	<b>Yellow</b>	£8.10	Support system- can be washed up to 60c 1 pack should last 4-6 months
	Medium Leg circumference 36-50cm	<b>PLS3904</b>	<b>Blue</b>	£8.10	
	Large Leg circumference 40-65cm	<b>PLS3928</b>	<b>Beige</b>	£8.10	
<b>ProSys</b> Elasticated leg straps Pack of 10 	One size	<b>P10LS</b>	299-6841	£13.70	Cotton strap with silicone leg grip for use with a ProSys leg bag Hand wash in warm soapy water and hang to dry- do not tumble dry



### Catheter Valves

May be used by patients (or carer) with long-term catheters even with limited manual dexterity and avoids the need for a day bag. The patient must have cognitive awareness and adequate bladder capacity to utilise these systems. Catheter valves help prevent catheter infections and reduce blockages by allowing flushing of the bladder when the valve is opened. The best results are seen when the valve is opened every four hours during the day and can be attached to a night bag to allow free drainage overnight. This product should not be used without assessment of bladder function by an appropriate health professional.

Contraindications for using a catheter valve:

- Reduced bladder capacity.
- Must not be used for patients post radical prostatectomy and bladder reconstruction.
- No bladder sensation

- Cognitive impairment



Product	Code	PIP Code	Cost	Comment / expected use
<b>ProSys Catheter Valve</b> Box of 5  Has a longer connector	<b>PCV3942</b>	386-3800	£10.26 £2.05 each	Recommended change every 5-7 days Maximum 1 box per month to be prescribed
<b>Teleflex catheter valve</b> 	850560-000000		£2.04	Can be left insitu for <b>30 days</b> Pack of one valve per month



### Catheter Maintenance Solutions

The use of catheter maintenance solutions remains controversial and should not be used routinely for every patient who has an indwelling catheter.

The 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. If recurrent blocking or infection, refer patient to Urology. Monitoring pH will help identify the need for, and the type of solution required. 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 the 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 administration.


Please refer to manufacturers information and [Catheter Care Guidance for Health Care Professionals| Royal College of Nursing \(rcn.org.uk\)](#)

Product	Volume	Code	PIP Code	Cost	Comment / expected use
<b>Uroflush Saline 0.9%</b> 	50mls 100mls	URO50S URO100S	414-3186 414-3194	£3.15 £3.15	Clinical indication To be used as a mechanical flush when there is debris or blood clots Single chamber for use <b>Not for routine use</b>
<b>Uro-Tainer PHMB</b> 	100mls	FB99965		£3.84	Clinical Indication Provides a mechanical flush together with bacterial decolonisation. Contains 0.02% polyhexanide Hypo allergenic, non-toxic <b>Not for routine use</b>

<b>Uro-Tainer Twin Suby G</b> 3.25% citric acid  	60mls	9746609		£5.42	Clinical Indication Used to reduce/resolve crystallisation and encrustation in the catheter A twin chamber system containing 30mls of solution in each chamber Recommended regime following assessment is from once weekly to twice daily depending on the severity of the case. Instill for 5-10 minutes per chamber <b>Not for routine use</b>
<b>UroTainer Twin Solutio R</b> 6% citric acid  	60ml	9746625		£5.42	Clinical Indication Used to dissolve persistent crystallisation in the blocked catheter or can be instilled 5-10 minutes prior to catheter removal to minimise trauma <b>Not for routine use</b>  Prescribe as individual items.

### Bladder Infusion Kit

The bladder infusion kit (BIK) is a device that enables the instillation of a catheter maintenance solution without the need to disconnect the patient's leg/night bag therefore eliminating the need to break the closed catheter system. For use with patients who require instillations of catheter maintenance solutions more than once per week. Please note that the device is not compatible for use in all leg drainage bags but is compatible with the ProSys.

Product	Code	PIP Code	Cost	Comments / expected use
<b>Bladder Infusion Kit</b> Pack of 10  	<b>MCI / 701</b>	3783883	£21.33  £2.13 each	Includes one red tubing clamp which is attached to the drainage tube below the needle free sample port and one infusion device  Full instructions for use provided on packaging

### Sheaths

Sheaths must be fitted by an appropriately trained health professional and referral to a specialist should only be made for patients with fitting difficulties.

Generally, problems encountered relate to poor skin preparation, poor fitting and the inappropriate choice of product which increases susceptibility to urinary tract infections, sores on the end of the penis, and/or damage



to the surrounding skin caused by some adhesives. If measured and fitted correctly, sheaths can be left in place for 1-3 days before changing.

### Assessment

The success of urinary sheaths relies heavily upon correct assessment. It is suggested that patients must meet the following criteria:

- A non retracted penis
- Healthy unbroken skin
- No risk of sheath being pulled off
- Reasonable mental awareness, eyesight and manual dexterity or adequate carer availability

### Sizing




Patients should be measured to determine the size required. One of the main reasons for sheaths disconnecting prematurely is incorrect sizing. Each company provides individual fitting guides and sheath sizes vary from company to company. Each time a brand-new sheath is used, the patient must be measured with the company's own fitting guide and the fitting guide discarded after use. The size is measured around the shaft of the penis, not the glans. A small sheath may constrict the penis and a large sheath may kink, leak or disconnect. The length required also requires consideration, too long a sheath will roll off and shorter sheaths are available to prevent this occurring. If the patient's penis measures less than 3cm in length, it is unlikely that a sheath device will be suitable, and an alternative method of management may be required. The continence advisory service can provide advice regarding this.

**Standard Length** sheaths have the adhesive positioned centrally. Suitable for people with a good length of penis.  
**Shorter Length (Pop On)** sheaths have the adhesive positioned towards the tip. Will fit all sizes of penis and are particularly suitable if the penis is retracted.  
**Wideband** is a standard-length sheath with additional adhesive. Provide very secure adhesion for people with a good length of penis who are particularly active or have difficulty in keeping other sheaths in place.

New patients should be started on a formulary sheath wherever possible. Patients may continue to use their existing non-formulary sheaths if they are happy with them. However, if the patient is willing, please consider trialling a formulary option if there would be an advantage to doing so either clinically or financially



**First Choice:**  
**CliniSure silicone sheath (self-adhesive) should be considered first line as are the most cost-effective sheaths and are sustainably packaged.**

Product	Size	Code	PIP Code	Cost	Comment /expected use
Clinisure					

<b>Standard</b> 	24mm	<b>CS24S</b>	<b>419-1623</b>	£43.05  £1.43 Each	Box of 30 sheaths and hair protectors  Clinimed have made the outer packaging as small as possible to minimise the amount of cardboard used and have removed the use of plastic where possible.  The individual sheath packets are recyclable, along with the box, instructions for use and measuring guide. CliniSure sheaths do not have a plastic protective cap.
	28mm	<b>CS28S</b>	<b>419-1631</b>		
	31mm	<b>CS31S</b>	<b>419-1649</b>		
	35mm	<b>CS35S</b>	<b>419-1656</b>		
	40mm	<b>CS40S</b>	<b>419-1664</b>		
<b>Shorter POP ON</b> 	24mm	<b>CS24P</b>	<b>419-1722</b>		
	28mm	<b>CS28P</b>	<b>419-1730</b>		
	31mm	<b>CS31P</b>	<b>419-1748</b>		
	35mm	<b>CS35P</b>	<b>419-1755</b>		
	40mm	<b>CS40P</b>	<b>419-1763</b>		
<b>Wide band</b> 	24mm	<b>CS24W</b>	<b>419-1672</b>		
	28mm	<b>CS28W</b>	<b>419-1680</b>		
	31mm	<b>CS31W</b>	<b>419-1698</b>		
	35mm	<b>CS35W</b>	<b>419-1706</b>		
	40mm	<b>CS40W</b>	<b>419-1714</b>		

Trial packs of the chosen sheaths and measuring devices are available from the continence advisory service. Please ensure that the chosen sheath is working effectively before prescribing.  
Generally, one box of 30 should be adequate for one month.

**Urinary sheaths are usually available in 5 sizes, but Manfred Sauer are unique in that it has a wider range of sizes which can be used for adults or paediatrics. Application of the sheaths may differ.**

Product	Size	Code	PIP Code	Cost	Comment /expected use
<b>P-Sure Standard length</b>  	Paediatric 18mm	<b>97.18</b>	290-2849	£51.41          Can be left in place 1-3 days .  Sample packs available	Available in 11 sizes including paediatric. Latex free and self-adhesive , anti-blowback system Instructions for fitting and measuring devices available.
	Small 20mm	<b>97.20</b>	290-2856		
	Small 22mm	<b>97.22</b>	290-2864		
	Small+ 24mm	<b>97.24</b>	290-2872		
	Medium- 26mm	<b>97.26</b>	290-2880		
	Medium 28mm	<b>97.28</b>	290-2898		
	Medium+ 30mm	<b>97.30</b>	290-2906		
	Large- 32mm	<b>97.32</b>	290-2914		
	Large 35mm	<b>97.35</b>	290-2922		
	Large 37mm	<b>97.37</b>	290-2930		
Ex Large 40m	<b>97.40</b>	290-294			



Product	Size	Code	PIP Code	Cost	Comment / expected use
<b>Conveen Prep</b>	54 wipes	62042		£11.59	Protects the skin and improves adherence 1 box every 2 months

## Anal Plug Guidance





Anal inserts, sometimes known as anal plugs, are shaped products that are inserted into the rectum to prevent leakage of stool. These products can work well for many people whose symptoms have not resolved following treatment. Many patients experience a positive effect on their quality of life; however, the effectiveness has been found to vary and some people are unable to use a plug. Correct fitting is important for comfort and to ensure they have the best chance of working.








The products are available in different sizes and starter sets are available to allow people to find the most effective size for their needs. Always prescribe a starter set for trial first. Correct insertion is very important, people should be given advice and guidance on how to do this.





Not suitable for use by patients who have undergone rectal surgery within the past 4 weeks or people who have an allergy to silicone.

Product	Size	Code	PIP Code	Cost	Comment / expected use
<b>Renew Insert</b> 	Regular	FG730	393-6895	£70.54	Pack of 30
	Large	FG731	393-6903		
<b>Navina Insert</b> 	Standard	6930400		£85.22	Pack of 30
	Large	6930500			

## Urinal Systems Beambridge Medical LTD – the urinal devices are available on FP10

Product	Appliance Image	Code	Pharmacy PIP code	Cost	Comment / expected use
Bridge urinal no tap		6-18	267-5296	£15.60	Female urinal with handle requires connection to a drainage bag, can be used seated or in bed
Bridge urinal with tap		6-18T	267-5304	£15.60	Female urinal with handle, additional tap provides the option for connecting a drainage bag. Total useable unit volume without a bag 400ml
Lady Jug		6-45	237-6291	£16.78	Designed for women to use in bed. Alternative to the Bridge Urinal
Lady Funnel		6-40	277-1111	£15.00	Designed for women to use out of bed. It is recommended that the woman sits on the edge of a chair/bed or stands and holds the funnel in place.

The Beambridge Saddle		<b>6-26</b>	<b>271-7221</b>	<b>£15.60</b>	Designed for women to use in bed or chair, sitting up or lying down This product has a closed end and does not drain; it will require emptying after each void. Total volume 750ml.
Male draining jug/ bottle closed end		<b>6-51</b>	<b>379-9079</b>	<b>£15.16</b>	Male urinal bottle for use as a receptacle
Male draining jug no tap		<b>6-50</b>	<b>282-9471</b>	<b>£15.60</b>	Male Jug for connection to drainage bag
Male draining Jug with tap		<b>6-50T</b>	<b>282-9463</b>	<b>£15.60</b>	Male jug with tap for the option to connect a drainage bag. Total useable unit volume without a bag 400ml
Male Funnel		<b>6-35</b>	<b>262-5960</b>	<b>£14.41</b>	Designed for use in and out of bed. For men with sufficient mobility and continence, the funnels can be used to help as a director when urinating into a toilet. Suitable for men with retracted penis
Adult Funnel Short (male)		<b>6-37</b>	<b>340-1007</b>	<b>£14.40</b>	Both funnels can be connected directly to a drainage bag. The short funnel can be used as a non spill adapter
Bed Bottle urinal closed end		<b>6-BBC</b>	<b>405-1249</b>	<b>£12.76</b>	Specifically designed for men to use in bed. It has the greatest standalone capacity of the male product range. Contoured design for bed use with easy grip handle Secure cap- spill proof Includes a measuring scale

Beambridge Bed Bottle urinal with tap		6-BBT	408-7177	£15.00	With tap can be used with or without a drainage bag Without tap requires a drainage bag to be connected
Bed Bottle urinal without tap		6-BB	262-5960	£15.00	Total useable unit volume without a bag 1300ml.
Cygnet female urinal					Available from Medequip  Obtain from peripheral stores
Male urinal bottle					Available from Medequip  Obtain from a peripheral store and complete equipment form on TCES

### Useful resources:

**Derbyshire Adult Continence Advisory Service Telephone 01773 546868**

Email: [continence.advisoryservice@nhs.net](mailto:continence.advisoryservice@nhs.net)

Website: [Adult continence services \(dchs.nhs.uk\)](http://Adult%20continence%20services%20(dchs.nhs.uk))

### DCHS blocked catheter flowchart

[Decision Flow Chart for Urinary Catheter Drainage Problems2 2.pdf \(dchs.nhs.uk\)](#)

### DCHS Management of catheter associated urinary tract infections

[Management of catheter associated urinary tract infections- final.pdf \(dchs.nhs.uk\)](#)

**NHS IMPROVEMENT Urinary Catheter tools** [NHS England » Urinary catheter tools](#)

**NPSA alerts – 2009/RRR02 -** [Female urinary catheters causing trauma to adult males](#)

[Medical Device Alert: All medical devices and medicinal products containing chlorhexidine \(MDA/2012/075\) \(52Kb\) Published 17 December 2014](#)

### Patient Education And Support

Good quality, comprehensive information on products should be given to all patients to whom they are prescribed. Advice may be supported by written patient information designed for each product type. Patients should also be given information on the patient groups that offer support in this area.

[Supporting Your Bladder & Bowel Health | Bladder & Bowel Community \(bladderandbowel.org\)](#)

[Guts UK - committed to fighting all digestive diseases \(gutscharity.org.uk\)](#)

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