



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেইপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডব্লিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજા ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ કદની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> અથવા આ સંબંધે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लिपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारीयों के साथ बात कीजिये, या ईमेल कीजिये: <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Je li wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych j zykach, na ta mie magnetofonowej, w j zyku Braille'a lub du ym drukiem, prosimy o skontaktowanie si z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez poczt elektronikzn : <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost <a href="mailto:info@cwps.nhs.uk">info@cwps.nhs.uk</a> neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

## Continence Prescribing Formulary

### Continence Advisory Service

March 2012 - March 2013

#### Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: Cheshire and Wirral Partnership NHS Foundation Trust, **PALS, Complaints and Claims Team**, 1829 Building, Liverpool Road, Chester, CH2 1HJ.

For more information see [www.cwps.nhs.uk](http://www.cwps.nhs.uk)

© CWP NHS Foundation Trust

The information in the leaflet was valid at the date of production **March 2012** and is due for review in **March 2013**.

Leaflet code: F-CPF-12-520

## **Contents**

Introduction

Urethral catheters

Supra-pubic catheters

Leg bags

Night drainage bags

Catheter valves

Leg bag holders

Securement devices

Catheter maintenance solutions

Catheter related problem solving

Intermittent catheters

Penile sheaths

Urinals

Anal plugs

Faecal collection

Peristeen anal irrigation

Manufacturers' addresses & telephone numbers

References

## **Introduction**

The aim of this formulary is to identify the most appropriate use of catheters, sheaths, drainage bags and associated appliances for use within Cheshire and Wirral Partnership (CWP). It is expected that the majority of patients can be managed with the products recommended in this formulary.

Manufacturers' literature should be consulted for full details of indications of use, contra-indications and side-effects.

Recommendations for products, codes and costs are included. Up-to-date prices can be found in the latest edition of the Drug Tariff.

The following documentation should be completed and kept in the patient's care plan:-

- Assessment form for indwelling catheter
- Record of Urinary Catheter Management
- Management of Catheter Leakage or Blockage

These documents are available via the CWP intranet.

## Urethral catheters

It is the practitioner's responsibility to be aware of the medical diagnosis and the reasons for catheterisation. This will ensure that in the practitioner's clinical opinion no contra-indications exist prior to catheterisation.

Prior to catheterisation it is important to identify how long the catheter will be required in order to establish whether a short or long term catheter is to be prescribed.

We recommend that you use the following catheter and balloon size as a guide.

### **Charriere size:-**

Female 10 / 12ch

Male 12 / 14ch

### **Balloon size:-**

5-10mls depending on manufacturer's guidelines.

Should patients have needs outside this guide then please contact the Continence Advisory Service.

## Short Term Catheters

Average period of use is 28 days. Please refer to manufacturer's recommendations.

- Teleflex Rusch PTFE Aquaflate: PTFE coated latex with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation

	Code	Balloon Size	Charriere Size	Price Per Unit
(MALE)	DP310112-DP310124	10mls	12-24	£2.13
(FEMALE)	DP210112-DP210124	10mls	12-24	£2.13

## Long Term Catheters

Average period of use is 3-12 weeks. Please refer to manufacturer's recommendations.

### **Hydrogel Catheter**

Hydrogel coated catheters are designed to reduce urethral irritation.

Hydrogel catheters are also reported to be resistant to bacterial colonisation and encrustation (*Roberts et al 1990*).

- Teleflex Rusch Sympacath AquaFlate Hydrogel Coated Latex with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation.

	Code	Balloon Size	Charriere Size	Price Per Unit
(MALE)	DH310112-DH310124	10ml	12-24	£6.05
(FEMALE)	DH210112-DH210124	10ml	12-24	£6.05

### **100% Silicone Catheter**

Silicone catheters are not coated and therefore have a wider lumen, which reduces the possibility of blockage. Silicone catheters are less likely to cause urethral irritation, however the balloon often causes cuffing which may be problematical on removal.

(*Parkin et al 2002*)

- Teleflex Rusch Brilliant Aquaflate all Silicone with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation

	Code	Balloon Size	Charriere Size	Price Per Unit
(MALE)	DA310112-DA310124	10	12-24	£6.00
(FEMALE)	DA210112-DA210124	10	12-24	£6.00

## Supra-public catheters

Supra-Pubic catheterisation is the insertion of a catheter through the anterior abdominal wall into the dome of the bladder.

Initial supra-pubic catheterisation and the first change of the supra-pubic catheter will be carried out by a specially trained health care professional in a hospital setting using Ultrasound.

Please ensure that the catheter is licensed for supra-pubic insertion prior to use.

A standard length catheter (i.e. male) should be used, and it is recommended that no smaller than a size 14-16 Ch should be used.

The following supra-pubic catheters are licensed for 12 weeks. However if it is difficult to remove the catheter, it can be changed earlier if necessary i.e. 6-10 weeks.

- Teleflex Rüscher Sympacath AquaFlate Hydrogel Coated Latex with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation.

	Code	Balloon Size	Charriere Size	Price Per Unit
(MALE)	DH310112-DH310124	10	12-24	£6.05
(FEMALE)	DH210112-DH210124	10	12-24	£6.05

- Teleflex Rüscher Brilliant Aquaflate all Silicone with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation

	Code	Balloon Size	Charriere Size	Price Per Unit
(MALE)	DA310112-DA310124	10	12-24	£6.00
(FEMALE)	DA210112-DA210124	10	12-24	£6.00

## Leg bags

Leg bags are suitable for use with indwelling catheters or sheath systems.

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

Leg bags may be worn in different positions on the leg and the position will determine the length of the inlet tube.

Leg bags are attached to the leg by means of straps (included with each pack) or a leg bag holder.

A closed drainage system should be maintained.

- Clinisupplies Ltd, Prosys T-Tap with Gloves

	Code	Pack Qty	Price Per Box
500ml Short Tube	P500S 299-6825	10	£25.48
500ml Long Tube	P500L 299-6791	10	£25.48

- Clinisupplies Ltd, Prosys Lever Tap with Gloves

	Code	Pack Qty	Price Per Box
500ml Short Tube	P500S-LT 351-1474	10	£25.48
500ml Long Tube	P500L-LT 351-1466	10	£25.48



## **Night drainage bags**

### **Sterile**

Should only be used when connecting directly to a catheter or a catheter valve.

- Clinisupplies Ltd, Prosystem, sterile 2 litre night bag with 90cm inlet tube, non-return valve, sample port connector, outlet tap & pair of nonlatex gloves

Code	Pack Qty	Price Per Box
P2000 (slide tap)	10	£11.96
P2000-LT (lever tap)	10	£11.96

### **Non-sterile**

Non-sterile night bags can be attached to a leg bag for patients with an indwelling catheter or sheath system.

- Clinisupplies Ltd, Prosystem – non sterile 2 litre night bag with single use drainage bag

Code	Pack Qty	Price Per Box
PSU2	10	£3.04

### **Catheter valves**

Catheter valves are now widely used as a means of draining the bladder intermittently and can give patients greater comfort and independence (*Getliffe & Dolman, 2003*).

- To be used with an indwelling catheter
- It is recommended that this is changed every 5-7 days.

Note: this product should not be used without appropriate assessment.

Contra-indications include:

- Reduced bladder capacity
- No bladder sensation
- Cognitive impairment
- Insufficient manual dexterity to open the valve

Manufacturer	Appliance	No.	Qty	Price/Pack
Flexicare Medical Ltd	E-Z catheter valve	00-0060	5	£11.01
Unomedical Ltd	Careline T Tap	90 805	5	£9.50
	Catheter Valve	1S-20	5	£9.50

### **Leg bag holders**

Leg bag holders provide security and maximum comfort as an alternative to leg straps.

Manufacturer	Size	Cat. No	Quantity	Price/Pack
Bard Ltd:	Small (24-39 cm)	150111	4	£ 7.91
Urileeve leg bag holder	Medium (36-55 cm)	150121	4	£ 7.91
	Large (40-70 cm)	150131	4	£ 7.91

### **Securement devices**

This is used to secure a catheter or leg bag tube

Manufacturer	Size	Cat. No	Quantity	Price/Pack
Coloplast:	Adult	383001	5	£ 13.64
Simpla GStrap	Abdominal	383003	5	£ 15.05
Clinimed: Clinifix	110mm x 25mm	40-310	10	£16.53

## Catheter maintenance solutions

Catheter maintenance solutions are not for routine use. They are recommended for use in patients who may require frequent re-catheterisation due to blockage. The appropriate solution should be chosen by identifying the likely cause of the blockage. (*Getliffe 2003*)

Caution should be exercised in the use of any catheter maintenance solution as there is evidence that all solutions increase the shedding of epithelial cells within the bladder.

*Note not to be used for patients with Autonomic Dysreflexia*

**Sodium chloride 0.9% (Saline)** is licensed for the washing of debris (blood, mucus, pus) from the catheter. Please note it will not dissolve crystal formation.

Manufacturer	Code Pack	Qty Price	Per Unit
50ml Optiflo S (Bard Ltd)	CSS50	1	£3.30
100ml Optiflo S (Bard Ltd)	CSS100	1	£3.30

**Citric acid 3.23% (solution G)** is licensed for dissolution of struvite crystals which form on the catheter tip under alkaline conditions (pH7.5-9.5)

Manufacturer	Code Pack	Qty Price	Per Unit
50ml Optiflo G (Bard Ltd)	CSG50	1	£3.50
100ml Optiflo G (Bard Ltd)	CSG100	1	£3.50

**Citric acid 6% (solution R)** licensed for dissolution of struvite crystals which form on the catheter tip under alkaline conditions. Solution R is a stronger citric acid solution for more persistent crystallisation.

Manufacturer	Code Pack	Qty Price	Per Unit
50ml Optiflo R (Bard Ltd)	CSR50	1	£3.50
100ml Optiflo R (Bard Ltd)	CSR100	1	£3.50

## Common catheter problems and possible solutions

Catheter Problem	Possible Reasons	Possible Solution
Urine not draining into bag.	<p>Incorrectly sited catheter; it may be in the urethra and not fully into the bladder.</p> <p>Incorrect positioning of the drainage bag above the level of the bladder can prevent good flow of urine.</p> <p>Drainage tubing may be kinked.</p> <p>Blockage (due to debris?)</p>	<p>May require re-catheterising</p> <p>Check tubing and ensure drainage bag is below level of bladder.</p> <p>Assess position of tubing to ensure free drainage</p> <p>Re-catheterise Cut the removed catheter vertically at the tip to establish the cause of blockage and implement appropriate regime of catheter maintenance solutions</p>
Haematuria.	<p>Trauma post-catheterisation.</p> <p>Infection.</p> <p>Prostatic enlargement / Carcinoma</p>	<p>Observe output and document severity of haematuria. Seek medical advice if haematuria persists. Encourage fluid intake.</p> <p>Encourage fluid intake. Obtain catheter specimen of urine using the sample port and send to laboratory.</p> <p>Refer to GP.</p>
Bypassing of urine around catheter.	<p>May indicate presence of infection</p> <p>Bladder spasm/instability.</p> <p>Constipation.</p> <p>Incorrect positioning of drainage system.</p> <p>Blockage</p>	<p>Obtain a catheter specimen of urine using the sampling port.</p> <p>Consider use of anti-cholinergic medication.</p> <p>Increase fluid intake and dietary fibre intake.</p> <p>Check drainage bag is in correct position, ie below level of the bladder.</p> <p>See above</p>
Pain or discomfort	<p>The 'eyelets' of the catheter may be occluded by urothelium due to hydrostatic suction.</p> <p>May be indication of infection.</p>	<p>Obtain catheter specimen of urine.</p>
Catheter retaining balloon will not deflate	<p>Valve port and balloon inflation channel may be compressed.</p> <p>Faulty valve mechanism.</p>	<p>Valve port should always be aspirated slowly. If done forcefully, the valve mechanism may collapse.</p> <p>If attempts fail, medical advice must be sought.</p>

## Intermittent catheters

Intermittent catheterisation is a technique that may be carried out by the individual, their carer(s) or by healthcare staff.

Prior to implementing intermittent catheterisation you need to ensure:

- The bladder must have the capacity to store urine adequately between catheterisations.
- Individuals and/or carers must be motivated and have the manual dexterity and the ability to carry out the procedure.

Catheters for intermittent use can either be single use pre-lubricated catheters, or PVC reusable catheters.

Please note: Reusable catheters should be cleansed and stored as per manufacturer's guidelines.

### Single Use Intermittent Catheter

#### **Intermittent catheter requiring activation with tap water**

- C S Bullen, Hi-Slip Hydrophilic Catheter

	Code	Charriere Size	Pack Qty	Price Per Pack
(Male)	HS SM4008-HS SM4022	8-22	30	£29.40
(Female)	HS SF2008-HS SF2016	8-16	30	£29.40

#### **Intermittent catheter with water sachet for activation**

- C S Bullen, Hi-Slip Hydrophilic Catheter with water sachet

	Code	Charriere Size	Pack Qty	Price Per Pack
Male)	HS PM4008-HS PM4024	8-24	30	£31.50
(Female)	HS PF2008-HS PF2016	8-16	30	£31.50

If the patient cannot manage with either of these, please contact the Continence Advisory Service.

## Re-usable intermittent catheter

- Bard Ltd, Reliacath plastic

	Code	Charriere Size	Pack Qty	Price Per Pack
(Male)	D5030	12-18	5	£7.25
(Female)	D5031	12-18	5	£7.25

### Intermittent catheter with drainage bag (Catheter Kit)

- C S Bullen Ltd, Hi-Slip kit, Nelaton Catheter with water sachet and drainage bag

	Code	Charriere Size	Pack Qty	Price Per Pack
(Male)	HS KM4008-HS KM4018	8-18	15	£23.25
(Female)	HS KF2008-HS KF2016	8-16	15	£23.25

### Dilation Catheters

These are catheters without drainage eyes and are therefore not indicated for bladder emptying.

- Hunter Urology Ltd, Antibac D

	Code	Charriere Size	Pack Qty	Price Per Pack
Male / Female	ABD16-ABD18	16-18	30	£38.35



## Penile sheaths

Prior to prescribing a sheath all patients should be measured across the shaft of their penis using the appropriate manufacturer's measurement gauge.

- Rochester Freedom Transfix Silicone Sheath, style 2 self adhering, short length

Size	Code	Pack Qty	Price per pack
25mm	TF22530	30	£46.05
29mm	TF22930	30	£46.05
32mm	TF23230	30	£46.05
36mm	TF23630	30	£46.05
41mm	TF24130	30	£46.05

- Rochester Freedom transfix silicone sheath style 3 self-adhering, standard length

Size	Code	Pack Qty	Price per pack
25mm	TF32530	30	£46.95
29mm	TF32930	30	£46.95
32mm	TF33230	30	£46.95
36mm	TF33630	30	£46.95
41mm	TF34130	30	£46.95

## Urinal

### Female Urinals

- Beambridge Medical

	Code		Pack Qty	Price
Female - Lady Jug	6-45		1	£14.67
Female - Bridge Urinal	6-18		1	£14.63
Female - Bridge Urinal, with tap	6-18T	Requires night bag	1	£14.63
Female – Bridge Saddle Urinal	6-26		1	£14.63

### Male Urinals

- Beambridge Medical

	Code		Pack Qty	Price
Male - Draining Jug	6-50		1	£13.63
Male - Draining Jug with tap	6-50T	Requires night	1	£13.63
Male funnel	6-35		1	£12.59
Male - mini funnel	6-35M		1	£12.59

### Peristeen anal plugs

*Note: Prior to prescribing please discuss with the Continence Advisory Service*

- Coloplast Ltd

Size	Code	Pack Qty	Price per pack
Small	1450	20	£44.15
Large	1451	20	£43.25



## Hollister faecal collectors

*Note: Prior to prescribing please discuss with the Continence Advisory Service*

- Hollister Ltd

Size	Code	Pack Qty	Price per pack
500ml	9822	10	£43.47
1000ml	9821	10	£43.47

## Peristeen anal irrigation

*Note: Prior to prescribing please discuss with the Continence Advisory Service*

- Coloplast Ltd.

Item	Contains	Code	Usage	Price per pack
System	Control unit, Water bag, tubing, 2 rectal catheters, 2 straps, holdall	29121	Works 90 times (change every 6 months if irrigating every other day)	£72.04
Accessory Unit	15 rectal catheters, water bag	29122	Order 1 box per month if irrigating every other day (catheter is single use, water bag needs changing every 15 times)	£125.56
Rectal catheters	10 rectal catheters for training	29123	Used as initial training catheters - should not be ordered regularly	£80.28
Straps	2 straps	29124	Used if replacement straps are required	£5.15 Per pair
Extra Tubing	2 tubes with blue connectors	29125	Used if tubing requires replacement	£7.20

## Manufacturer's addresses & telephone numbers

<b>Astra Tech Ltd</b> Stroud Water Business Park Brunel Way, Stonehouse Gloucester GL10 3SW (01453 791763)	<b>Flexicare Medical Ltd</b> Cynon Valley Business Park Mountain Ash Mid-Glamorgan CF45 4ER (01443 474647)
<b>B. Braun Medical Ltd</b> Thorncliffe Park Sheffield S35 2PW (0114 225 9000)	<b>Great Bear</b> Cardiff Business Park Cardiff CF14 5GF 02920747770
<b>Bard Ltd, Forest House</b> Brighton Road Crawley West Sussex RH11 9BP (01293 527888)	<b>GTA (UK) Ltd</b> 34 Nottingham South Industrial Estate Ruddington Lane Wilford, Nottingham NG11 7EP
<b>Beambridge Medical</b> 46 Merrow Lane Burpham, Guildford, Surrey GU4 7LQ (01483 827696/01483 571928)	<b>Hollister Ltd, Rectory Court</b> 42 Broad Street Wokingham, Berkshire RG40 1AB (0118 989 5000)
<b>CliniMed</b> Cavell house knaves Beech Way High Wycombe HP10 9QY (01628 850 100)	<b>Hunter</b> The Stable Yard Woodhayes, Honiton Devon EX14 4TP 01404 44088
<b>CliniSupplies Ltd</b> Unit 9 Crystal Way Elmgrove Road Harrow, Middlesex HA1 2HP (0208 8634168)	<b>Rochester Medical Ltd</b> 10 Commerce Way Lancing West Sussex BN15 8TA (01903 875055)
<b>Coloplast Ltd,</b> Peterborough Business Park, Peterborough PE2 6FX (01733 3920000)	<b>Teleflex Medical (Rusch)</b> Sterling Road High Wycombe Bucks, HP12-3ST, (01494 532761)
<b>CS Bullen</b> 85-87 Kempton Street St Liverpool L3 8HE (0151 207 6995)	<b>Unomedical Ltd</b> Thornhill Road Moons Moat North Industrial Estate Redditch, Worcestershire B98 9NL (01527 587700)

## **References**

Cravens D, Zweig S. *Urinary Catheter Management*. American Family Physician (2000), 61, 369-76.

Garibaldi R, Mooney B, Epstein BJ, et al. *An Evaluation of Daily Bacteriologic Monitoring to Identify Preventable Episodes of Catheter-Associated Urinary Tract Infection*. Infection Control (1982), 3 (6): 466-470.

Getliffe K. *Managing recurrent urinary catheter blockage: problems, promises, and practicalities*. J Wound Ostomy Continence Nurs (2003) May; 30(3): 146-51.

Dougherty L, Lister S E. chapter 16 *Elimination: urinary catheterization*. The Royal Marsden Hospital Manual of Clinical Nursing Procedures 6th edn: Elimina 1-22

Kinin C. *Urinary Tract Infections: Detection, Prevention and Management*. Baltimore, London: Williams & Wilkins (1997).

Parkin J et al. *Urinary catheter 'deflation cuff' formation: clinical audit and quantitative in vitro analysis*. BJU International (2002), 90: 666-671.