

# **NHS FORTH VALLEY**

## **COMMUNITY CATHETER, LEG BAGS AND SHEATHS FORMULARY AND PRESCRIBING NOTES**

<b>Date of First Issue</b>	14/10/2014	
<b>Approved</b>	07/10/2014	
<b>Current Issue Date</b>	19/03/2019	
<b>Review Date</b>	19/03/2022	
<b>Version</b>	2.1	
<b>EQIA</b>	Yes	18/06/2014
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<b>Group Committee –</b>	Prescribing Group	
<b>Final Approval</b>		

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## Consultation and Change Record – for ALL documents

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<b>Consultation Process:</b>	Catheter/Sheath/Product Formulary Group, selection of District Nurses		
<b>Distribution:</b>	District Nurses, Practice Managers, Primary Care Pharmacists and Technicians		
<b>Change Record</b>			
<b>Date</b>	<b>Author</b>	<b>Change</b>	<b>Version</b>
18.09.2018	Mhairi Thomson	Contributing Authors	2
18.09.2018	Mhairi Thomson	Updated link to Catheter Care Guidelines	2
18.09.2018	Mhairi Thomson	Update to catheter accessories	2
18.09.2018	Mhairi Thomson	Update to useful links	2
18.09.2018	Mhairi Thomson	Update to sections 4.2 and 6.2	2
22.03.2019	Laura Lee	Guideline was reviewed	2.1

## **1.0 Introduction**

The purpose of this formulary and prescribing notes is to promote consistent and seamless care for patients within NHS Forth Valley and ensure cost effective prescribing.

The products listed in the formulary are suitable for the majority of patients and are therefore to be considered as first line options. It is accepted that there will be some patients who will require alternative products. However, these products should only be prescribed after appropriate clinical assessment. Patients who require non-formulary alternatives products- please complete the non-formulary details directly into the Catheter Care Plan in Midis. Care Homes should complete a paper copy- as detailed in appendix 1 and return to the patient's GP practice.

Please note:

Products highlighted in this formulary may only be used within the indications in the manufacturers' product literature.

It is recognised that nursing and clinical practice is an evolving process, and members of the working group would welcome any information and advice which is considered necessary to update the Formulary in light of changes in practice and developments in catheter care.

**Please contact the under noted for advice or guidance: -**

Continence Service NHS Forth Valley  
Tel 01324 614675 or 01324 673882

**A summary of the formulary is available separately and is detailed in appendix 2.**

## **2.0 Scope**

This guidance is applicable in all Primary Care settings including care homes.

## **3.0 General Prescribing Points**

### **Prescribing Guidelines**

When prescribing ensure details are accurate and include:

Manufacturer and brand

Drug Tariff order codes

Correct size and length

Name of catheter/type of catheter eg Rusch sympacath

Quantity; Aim to provide products to last up to two months

Always ensure products are stored flat, in their original boxes and in a cool place.  
Expiry dates should always be checked before a product is used.

On discharge from hospital one weeks supply of leg bags/sheaths should accompany the patient home, or if treatment is of short duration, enough to complete treatment. Likewise those patients with a planned admission to hospital should bring to the ward a small supply of their catheters/leg bags/sheaths.

The manufacturers who have products on this formulary have local medical representatives. The Continence Service will organise training from these companies. These are the only companies that NHS employees are advised to see.

## **KEY PRESCRIBING POINTS**

### **CATHETERS**

- For patients being started on long term catheters, **3 catheters should be ordered on the first prescription** - so that there are 2 spare catheters kept in the house/care home
- Thereafter, only 1 catheter should be ordered on repeat prescription
- All silicone catheters are relatively stiff compared to latex based catheters and may be uncomfortable for female urethral use. A cuff may form on deflation of the balloon and cause difficulty in removal of the catheter especially in patients with suprapubic catheters
- Catheter trays should not be prescribed or used as they are not cost effective.

### **LEG/NIGHT BAGS**

- Day leg bags are drainable and can be used for 5-7 days - **10 leg bags** will be normally be required for two months
- Night bags are single use - **30 night drainage** bags will be required for one month

## **4.0 Catheters**

### **4.1 Formulary**

#### **Short/Medium Term Use Catheter**

Teleflex Medical

**RUSCH PTFE AQUAFLATE - PTFE COATED LATEX** with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation

Short/medium term use – 1-4 weeks (Up to 28 DAYS)

<b>Type and Size</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Female 12ch – 10 ml balloon	DP210112	1
Female 14ch – 10ml balloon	DP210114	1
Male 12ch – 10ml balloon	DP310112	1
Male 14ch – 10ml balloon	DP310114	1
Male 16ch – 10ml balloon	DP310116	1

## Long Term Catheter

### 1<sup>st</sup> Line Treatment Choice- No Latex Allergy

Teleflex Medical

**RUSCH SYMPACATH AQUAFLATE HYDROGEL COATED LATEX** with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation

Long term use up to 12 weeks for urethral/supra-pubic use

Type and Size	Drug Tariff Code	Unit per Pack
Female 12ch – 10ml balloon	DH210112	1
Female 14ch – 10ml balloon	DH210114	1
Male 12ch – 10ml balloon	DH310112	1
Male 14ch – 10ml balloon	DH310114	1
Male 16ch – 10ml balloon	DH310116	1

### 2<sup>nd</sup> Line Treatment Choice – only after full clinical assessment and completion of non-formulary form

## Long Term Catheter

### 1<sup>st</sup> Line Treatment Choice- If latex allergy

Teleflex Medical

**RUSCH BRILLIANT AQUAFLATE ALL SILICONE** with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation.

Latex free

Long term use up to 12 weeks for urethral/supra-pubic use

Type and Size	Drug Tariff Code	Unit per Pack
All silicone female 12ch – 10 ml balloon	DA210112	1
All silicone female 14ch – 10ml balloon	DA210114	1
All silicone male (standard) 12ch – 10ml balloon	DA310112	1
All silicone male (standard) 14ch – 10ml balloon	DA310114	1
All silicone male (standard) 16ch – 10ml balloon	DA310116	1

## **4.2 Prescribing Notes**

Patients must always be individually assessed before any catheterisation is undertaken in order to ensure it is both safe and appropriate. Guidelines recommend that, where appropriate, intermittent self catheterisation is considered as a first line treatment option.

Staff must follow the NHS Forth Valley Catheter Care Guidelines

<http://guidelines.staffnet.fv.scot.nhs.uk/wp-content/uploads/sites/2/2016/11/Catheter-Care-Guidance-1.pdf>

Staff should be aware of the policy and comply with content and control measures, this will minimise infection (Catheter Associated Urinary tract infections (CAUTI )) and risk of harm to the patient with an indwelling urinary catheter by:-

- Improving urinary catheter management through standardisation of evidence based practice across NHS Forth Valley;
- Reducing the numbers of urinary catheters in use in NHS Forth Valley by ensuring that alternatives to urinary catheterisation are fully considered prior to catheterisation;
- Ensuring that all staff inserting and caring for urinary catheters are trained and competent to do so;
- Ensuring that the need for catheters is assessed daily and they are removed appropriately at the earliest possible point;
- Ensuring that patients are aware and informed of the risks of an indwelling urinary catheter
- Engage patients and carers in the management of their catheter

Clinicians must determine whether short, medium or long term catheterisation is required and then establish the correct catheter material to use.

- Long term – average length of use is between 3 to 12 weeks
- PTFE coated catheters (contain latex) are mainly used in acute care and classed as Short/medium term. The average length of use is 1 week up to 4 weeks
  - If a patient requires frequent catheter changes a PTFE catheter should be used
  - Silicone and hydrogel catheters are classed as long term catheters. Average length of use is between 3 to 12 weeks. They are licensed for urethral and supra-pubic catheterisation but always read the manufacturers' instructions prior to use to ensure the catheter is licensed for this type of catheterisation.

When prescribing a catheter, it is essential to specify the product code (found in the Scottish Drug Tariff) to ensure that the patient receives the correct product. When issuing prescriptions on EMIS, the tariff code can be entered under "Drug Name". This helps to ensure that the correct product is selected.

The prescription should also specify:-

- Gauge of catheter (charriere)
- Length and balloon size of catheter
- Size of leg bag/type of catheter
- Pack size
- The total number of catheters required

## **BALLOON SIZE**

All catheters used should have a balloon size of 10ml (No pre-filled catheters are included within the Formulary due to reported problems including water loss and deflation.)

**30ml Balloon size should not be used in Primary Care.**

## **CHARRIERE (size)**

It is important that the correct size of catheter is prescribed. The smallest charriere size for adequate drainage should be selected

Female patients:	Size 12ch to 14ch
Male patients:	Size 12ch to 16ch
Supra-pubic catheterisation:	Size 14ch to 16ch (to avoid insertion and removal trauma)

**If larger sizes are required for either a male or female patient please contact the Continence Advisory Service for advice.**

**For advice on catheter problems e.g. bypassing, encrustation, contact the Continence Advisory Service – Tel: 01324 614675**

## **LENGTH**

Always ensure that the correct length of catheter is used i.e. when catheterising males a **standard** length catheter is used. For females there is a RED warning label on the box

## **INDWELLING CATHETERS (LONG-TERM) PRESCRIBING NOTES**

- For long term catheters **3 catheters to be ordered for a first prescription** so that there are 2 spare catheters kept in the house/care home
- After this **1 catheter** to be ordered on repeat prescription
- The Catheter Problem Solving Sheet can be used to assess problems with catheters appendix 3

Any requirement for a catheter out with the formulary please complete the non-formulary details directly into the Catheter Care Plan in Midis.

## **INTERMITTENT CATHETERISATION**

Intermittent self catheterisation (ISC) is a well-established form of management for neuropathic bladder dysfunction and other causes of incomplete bladder emptying. The advantage of ISC permits patients to maintain independence and promote a positive body image and self esteem. Performing ISC protects the upper urinary tract from reflux and reduces the threat of encrustation and infection. Patients need a range of ISC catheters accessible to them as some find a specific type of catheter physically and psychologically easier to use.

Contact the Continence Advisory Service for advice, appropriate literature. The choice of ISC will be advised by the Continence Advisory Service or the Urology Departments and is out with the remit of this document.

## **5.0 Catheter Accessories**

### **5.1 Formulary**

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Coloplast Simpla G-Strap - Abdomen	383003	5
Coloplast Simpla G-Strap - Adult	383001	5
Cliniflex tube – Small	40-310	10
Cliniflex tube– Large	40-410	10

Coloplast Simpla G straps- manufacturer recommends that these are changed when they are worn to the point of no longer be as effective as new ones. Cliniflex tubes can remain in place for up to 7 days

(Statlock not suitable with Rusch Brilliant Aquaflate Silicone Foley catheter)

## **6.0 Urine Drainage Bags**

### **6.1 Formulary**

#### **Sterile Urine Leg Drainage Bags**

Bags should be used for 5-7 days

**Prescribing advice: 1 box of 10 should be prescribed every 2 months only.**

Unomedical Ltd

Careline+ leg bags contain 10 pairs of sterile latex gloves and one pair of soft elasticised cotton Velcro straps per box of 10.

#### **T tap**

<b>Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Careline+ 350ml leg bag with short tube t-tap	45-01-SVCG	10
Careline+ 350ml leg bag with long tube t-tap	45-02-LVCG	10
Careline+ 500ml leg bag with short tube t-tap	45-05-SVCG	10
Careline+ 500ml leg bag with long tube t-tap	45-06-LVCG	10
Careline+ 750ml leg bag with short tube t-tap	45-09-SVCG	10
Careline+ 750ml leg bag with long tube t-tap	45-10-LVCG	10

#### **Lever tap**

<b>Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Careline+ 500ml leg bag with short tube, lever tap	46-05-SVCG	10
Careline+ 500ml leg bag with long tube lever tap	46-06-LVCG	10
Careline+ 750ml leg bag with short tube lever tap	46-09-SVCG	10
Careline+ 750ml leg bag with long tube lever tap	46-10-LVCG	10



## **Night Bags**

Unomedical Ltd

Bags should be used for 5-7 days

### **Sterile**

<b>Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Careline+ E4 2 litre night bag with 100cm tube, needle-free sample port, drainable T-tap	45-20-IDCG	10
Careline+ E4 2 litre night bag with 100cm tube, needle-free sample port, drainable lever-tap	46-20-IDCG	10

### **Non-sterile**

Bags should be used overnight and then removed

		<b>Unit per Pack</b>
Easi MT 2 litre night bag with 90cm tube, non-return valve, single use twist off drainage outlet	47-60-LBH	10

## **6.2 Prescribing Notes**

- A closed drainage system for urinary catheters must be utilised to prevention CAUTI. They have non-return valves to prevent back flow of urine and an outlet tap, which enables the bag to be emptied without disconnection from the catheter thus reducing the incidence of urinary tract infection. The catheter bag should be changed in accordance with manufacturer's recommendation normally every 7 days.
- The drainage bag should be emptied frequently enough to maintain urine flow and prevent reflux as this can result in infection;
- Patients who are ambulant may find the use of a leg bag combined with an overnight drainage bag beneficial (known as a link system). A link system should be used to facilitate overnight drainage to keep the original system intact. A non drainable two litre bag should be used.
- In patients for whom it is appropriate, a catheter valve may be used as an alternative to a drainage bag and changed as per manufacturer's instructions normally every 5-7 days. A spigot should never be used as an alternative to a catheter valve.
- Catheters should only be changed when clinically necessary or according to the manufacturer's current recommendations.
- The connection between the catheter and urinary drainage system **should not be** broken except for good clinical reason.
- The drainage bag should be positioned below the level of the bladder supported using drainage bag holder/stand.
- The bag should not be in contact with the floor.

### **Day bags**

- Leg bags have needle free sample ports.

- Leg bags should be changed every 5-7 days according to manufacturers' guidelines.
- Ensure leg bags are firmly attached to catheter.
- If a catheter maintenance solution is used or the leg bag becomes stained or contaminated, then a new leg bag should be used.
- A catheter accessory requires to be used. 1 pair of leg straps are provided with a box of 10 leg bags. If extra straps are required, order these separately. Leg sleeves need to be prescribed separately. Leg sleeves can be washed.
- 1 box of 10 daytime use leg bags should be ordered approximately every 2 months unless on a regular maintenance solution which will increase the use of leg bags.

### **Night bags**

- Non sterile drainable night bags are recommended for use in patients with catheters. They are a single use item. The tap on the night drainage bag should be used. Scissors should not be used for emptying the bag. 30 non sterile night bags will last one month.
- For patients with catheters drainable sterile 2 litre night bags are only for specific indications ie a patient who is bed bound and does not wear a leg bag. In these circumstances change every 5 to 7 days as per leg bags.

### **6.3 Specialist Bags**

There are specialist companies who produce bags for patients who are wheelchair dependent

- Rusch Belly Bags – [www.teleflex.com](http://www.teleflex.com)
- Thigh Bags, and Bendi Bags from Manfred Sauer [www.manfred-sauer.co.uk](http://www.manfred-sauer.co.uk)
- Or contact Continence Advisory Service 01324 614675 for further details

### **6.4 Leg Bag Accessories**

Bard Ltd

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Urisleeve leg bag holder		
Small (24- 39cm)	150111	4
Medium (36-55cm)	150121	4
Large (40-70cm)	150131	4
Extra large 65-95cm	150141	4

Sleeves are washable and it is recommended that 1 pack of sleeves should last approximately 4-6 months.

## **7.0 Urinary Sheaths**

### **7.1 Formulary**

Hollister Ltd

InView Silicone self-adhesive sheath (non latex with anti-kinking funnel)

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
<b>Special</b>		
25mm	97125	30
29mm	97129	30
32mm	97132	30
36mm	97136	30
41mm	97141	30
<b>Standard</b>		
25mm	97225	30
29mm	97229	30
32mm	97232	30
36mm	97236	30
41mm	97241	30
<b>Extra</b>		
25mm	97325	30
29mm	97329	30
32mm	97332	30
36mm	97336	30
41mm	97341	30

### **7.2 Prescribing Notes**

- Sheaths are latex free
- A full explanation/description of this management option should be given to the patient and consent sought before any sheath is used
- The sheath can be left in situ for between 1 to 3 days dependent on patient's skin condition. **ALWAYS REFER TO THE MANUFACTURERS' INSTRUCTIONS**
- Clients to be measured for the correct size prior, to selecting and prescribing a sheath. Do not guess or use alternative sizing guides as each manufacturer's guide is specific to their product.
- Measure round mid-shaft of the penis
- Samples of sheaths can be provided by the Continence Service before a prescription is raised to ensure correct size is used
- Generally, one pack of 30 SHEATHS should be adequate for approximately one month. If usage increases, then review.

#### **A penile sheath is not suitable for:-**

- Client with very small retracted penis
- Clients who are very confused or have dementia, who may pull the sheath off
- Clients with limited physical abilities who may not be able to manage to put the sheath on alone.
- Contact Continence Advisory Service as e.g. retracted penis pouch or Bioderm (external continence device) may be suitable

Generally, problems relate to poor skin preparation, poor fitting and inappropriate choice of product. This may result in:

- Sores at the end of penis
- Irritation and/or damage to the surrounding skin caused by some adhesives
- Skin integrity should be regularly monitored

## **8.0 Catheter Valves**

### **8.1 Formulary**

Unomedical Ltd

Product Description	Drug Tariff Code	Unit per Pack
Careline Lever Catheter Valve	90-821 1S-20	5
Careline T tap Catheter Valve	90-805 1S-20	5

These are compatible with the Teleflex catheters

### **8.2 Prescribing Notes**

- **This should only be used following a clinical assessment and on the advice of the Continence Service or the Urology Department. Contraindications require to be considered.**
- Follow the NHS Forth Valley Catheter Care Policy  
[http://www.nhsforthvalley.com/documents/qi/ce\\_guideline\\_infectioncontrol/22\\_catheter-care-policy.pdf](http://www.nhsforthvalley.com/documents/qi/ce_guideline_infectioncontrol/22_catheter-care-policy.pdf)
- For use with an indwelling urethral/supra-pubic catheter
- Can be attached to a leg bag
- The valve should be changed every 5-7 days according to manufacturer's guidelines
- 1 box of 5 should be sufficient for 1 month's supply

## **9.0 Catheter Maintenance Solutions**

### **9.1 Formulary**

Product Description	Drug Tariff Code	
Sodium chloride 0.9% OptiFlo	CSS50	50ml

### **9.2 Prescribing Notes**

#### **Washout policies/catheter maintenance in long-term urethral catheterisation**

People requiring long-term bladder draining with an indwelling catheter can experience catheter blockage. As there are quite a few causes of catheter blockage (e.g. kinks in a tube, constipation, catheter against bladder wall, encrustation, debris) it is important to assess and diagnose the exact reason for the blockage in order to

decide the correct course of treatment.

For some patients it may be appropriate to use bladder washouts. This should only be after individual clinical assessment and advice from a specialist.

Washouts should not be used to prevent catheter-associated infections - systematic review of evidence failed to demonstrate any beneficial effect and may have toxic effects and contribute to the development of resistant organisms.

## **10.0 Local Anaesthetic and Lubricant**

### **10.1 Formulary**

<b>Product Description</b>	<b>Size</b>
Instillagel – suitable for female patients	6ml x 1
Instillagel – suitable for female and male patients	11ml x 1

### **10.2 Prescribing Notes**

Lidocaine hydrochloride 2%, chlorhexidine gluconate solution 0.25% is a sterile local anaesthetic and lubricant for urethral mucosa **For single use only**. It can prevent injury to the urethra and as a consequence reduces the subsequent risk of urethral damage. Must **be used for urethral catheterising both male and female patients**. Lidocaine hydrochloride 2%, Chlorhexidine gluconate solution 0.25% facilitates the reduction in pain on insertion and helps reduce the risk of associated infection.

## **11. Home Delivery Companies**

There are various options on how to obtain supplies of products delivered to the patient's home i.e. from the community pharmacist or one of the home delivery service providers. The patient should always be asked which provider they wish to use.

## **12. Useful Links**

- NHS Forth Valley Catheter Care Policy  
[http://www.nhsforthvalley.com/documents/qi/ce\\_guideline\\_infectioncontrol/22-catheter-care-policy.pdf](http://www.nhsforthvalley.com/documents/qi/ce_guideline_infectioncontrol/22-catheter-care-policy.pdf)
- Health Protection Scotland Health Protection Scotland, (2008) CAUTI Insertion Bundles. Available on <http://www.documents.hps.scot.nhs.uk/hai/infection-control/bundles/cauti/insertion/uc-insertion-bundle.doc> – [www.hps.scot.nhs.uk](http://www.hps.scot.nhs.uk)
- Best Practice Statements – Continence Adults with Urinary Dysfunction  
[http://www.healthcareimprovementscotland.org/previous\\_resources/best\\_practice\\_statement/urinary\\_dysfunction\\_in\\_adults.aspx](http://www.healthcareimprovementscotland.org/previous_resources/best_practice_statement/urinary_dysfunction_in_adults.aspx)

## **Useful Contact Details**

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