

Urinary Indwelling Catheter Community Formulary and prescribing notes

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Consultation Process: Therapeutic Resource Group

Approved by: PCPG

Product Group	Formulary Product (Manufacturer)	Description					Notes
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All Silicone Catheter Long-Term (non-latex) (12 weeks)	FlexiCath All Silicone Catheter Flexicare Medical Each pack contains <ul style="list-style-type: none"> ▪ 1 catheter ▪ Sterile water filled syringe for balloon inflation ▪ Empty syringe for balloon deflation 	Length	Balloon	Ch Size	Order Code	Quantity	<ul style="list-style-type: none"> ▪ Licensed by manufacturer for up to 12 weeks use ▪ Following assessment smallest catheter size possible should be used ▪ Always ensure standard size catheter is used for male patients ▪ The length of time the catheter remains patent varies from patient to patient ▪ <u>30ml catheter balloon should not be used</u> ▪ Refer to NHS Forth Valley catheter guidelines for more support. ▪ <u>3 catheters should be ordered on the first prescription</u> - so that there are 2 catheters kept in the house/care home ▪ Thereafter, only 1 catheter should be ordered on repeat prescription
		Standard	10ml	12 14 16 18	01-111210 01-111410 01-111610 01-111810	1 catheter every 3-12 weeks	
		Female	10ml	12 14 16	01-121210 01-121410 01-121610		

Leg Bag with Lever Tap	Flexicare Leg Bag Flexicare Medical Ltd Each pack contains <ul style="list-style-type: none"> 10 sterile drainage bags, night drainage connector, and Velcro anti-slip straps 	Tube	Capacity	Order Code	Quantity	<ul style="list-style-type: none"> Leg bags should be changed every 5-7 days. <u>1 box of leg bags should be ordered approximately every 2 months.</u> Leg bags should be changed as per manufacturer's instructions.
		Short	500mls	00-1502	1 box every 2 months	
		Long	500mls	00-2502		
Night Bag Single Use	Flexicare F2 EZB 2 litre drainage bag with single use snap twist-off tap at bottom of bag Flexicare Medical Ltd Each pack contains <ul style="list-style-type: none"> 10 single use 2 litre overnight bag, with snap twist-off tap at bottom of bag 	Capacity	Order Code		Quantity	<ul style="list-style-type: none"> Recommended for use in patients who use leg bags.
		2000mls	00-2208C		No more than 3x 10 pack per month	
Fixation Device	CliniSure leg bag straps CliniMed Ltd Each pack contains <ul style="list-style-type: none"> (5 pairs), elasticated, washable, silicone grip backing straps Leg bag sleeve LINC Medical Ltd Each pack contains <ul style="list-style-type: none"> (4 pairs) elasticated, washable leg bag sleeve 	Size		Order Code	Quantity	<ul style="list-style-type: none"> Follow manufacturer's advice on use and cleaning.
		Adjustable		CS5S	One pack per month	
		Small (24-39cm)	ME350-750S S			
		Medium (36-55cm)	ME350-750S M			
		Large (40-70cm)	ME350-750S L			
		X Large (65-95cm)	ME350-750S XL			
		XX Large (75-105cm)	ME350-750S XXL			

Valve	Care-Flo LINC Medical Ltd	Pack Size	Order Code	Quantity	<ul style="list-style-type: none"> For use with an indwelling urethral catheter It is recommended that the catheter valve be changed every 5 – 7 days
		5	CF1	One pack per month	
Penile Sheath	Flexicare Discreet Sheath “Regular” Flexicare Medical Ltd	Size	Order Code	Quantity	<ul style="list-style-type: none"> Non-latex Leg bags for sheath- use Flexicare sterile bag listed above Use manufacturers measuring guide to ensure correct size DO NOT use talcum powder or cream before application Skin integrity should be regularly monitored Sheaths should be changed every 24 hours.
		25mm 29mm 32mm 36mm 41mm	00-DSR25 00-DSR29 00-DSR32 00-DSR36 00-DSR41	One pack per month	
		25mm 29mm 32mm 36mm 41mm	00-DSS25 00-DSS29 00-DSS32 00-DSS36 00-DSS41		
Flexicare Discreet Sheath “Short” (Shorter penile length) Flexicare Medical Ltd	25mm 29mm 32mm 36mm 41mm	00-DST25 00-DST29 00-DST32 00-DST36 00-DST41			
Night Bag Drainable - for use ONLY in bedbound patients	Flexicare F4, Sterile 2 litre drainage bag with 100cm inlet tube, non-return valve and tap outlet Flexicare Medical Ltd	Size	Order Code	Quantity	<ul style="list-style-type: none"> To be used ONLY in patients who are bedbound and not using a leg bag 1 box of night bags should be ordered approximately every 2 months. Night bags should be changed on a weekly basis, as per manufacturer’s instructions.
		2000mls	00-1200	1 box every 2 months	
	Each pack contains <ul style="list-style-type: none"> 10 drainable 2 litre overnight bag, with non-return valve and tap outlet 				

There are specialist products available that are not listed above. If you require advice on other products or if you have any issues with the ordering of products i.e. products out of stock, please contact vickie.brannan@nhs.scot for advice.

NHS FORTH VALLEY COMMUNITY CATHETER, LEG BAGS AND SHEATHS FORMULARY AND PRESCRIBING NOTES

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.

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 considering changes in practice and developments in catheter care.

Please contact the under noted for advice or guidance: -
Vickie Brannan, Prescribing Support Nurse, vickie.brannan@nhs.scot

Scope

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

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 e.g. Flexicath

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 week's supply of leg bags/sheaths should accompany the patient home, or if treatment is of short duration, enough to complete treatment. Persons prescribing in primary care should NOT prescribe the products the patient has come home with. Please switch to products on formulary- unless you have been advised otherwise.

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 Prescribing Support Nurse can organise training from these companies. These are the only companies that NHS employees are advised to see.

Prescribing Notes- catheters

Patients must always be individually assessed before any catheterisation is undertaken 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](#)

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 regularly 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- 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.
- 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 Urology Nurses for advice fv.urologynursespecialist@nhs.scot.

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.

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 Bladder and Bowel Service (BABS) for advice, appropriate literature. The choice of ISC will be advised by the Bladder and Bowel Service or the Urology Department and is out with the remit of this document.

Prescribing Notes- urine collection bags

- A closed drainage system for urinary catheters must be utilised to prevent 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.
- 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.
- 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

- Nonsterile drainable night bags are recommended for use in patients with catheters. They are a single use item. The twist and snap on the night drainage bag should be used. Scissors should not be used for emptying the bag. 30 nonsterile night bags will last one month.
- For patients with catheters drainable sterile 2 litre night bags are only for specific indications i.e. 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. Try to avoid reusable bags single use is favoured.

Prescribing Notes- Penile sheath

- 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 24 hours 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 Bladder and Bowel Service as 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.

Prescribing Notes- Valve

This should only be used following a clinical assessment and on the advice of the Bladder and Bowel Service or the Urology Department.

Contraindications require to be considered.

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.

Prescribing Notes- Bladder washout

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 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 did not demonstrate any beneficial effect and may have toxic effects and contribute to the development of resistant organisms.

Useful links

[Catheter care guidelines](#)

Bladder and Bowel UK – Patient resource [Information library for adults - Bladder & Bowel UK \(bbuk.org.uk\)](http://bbuk.org.uk)

Bladder and Bowel Community – Patient resource [Supporting Your Bladder & Bowel Health | Bladder & Bowel Community \(bladderandbowel.org\)](http://bladderandbowel.org)

Useful contacts

Bladder and Bowel Service FCH email contact – fv.continence-adultnurses@nhs.scot
Urology Outpatients FVRH - 01324 567623