

Continence Formulary - A guide for clinicians about continence products available on prescription.

The formulary provides a guideline for all clinicians working in primary and community care involved in the selection and prescribing of continence products. This formulary aims to reduce harms; variation and waste by simplifying the prescribing of continence products, whilst promoting best practice.

This continence formulary has been developed by the Adult Integrated Continence Service (AICS) in conjunction with NHS City and Hackney Clinical Commissioning Group's medicines management team.

The intention is that this formulary must be used for all new patients and for current patients when a re-assessment is due.

Product choice has been based on expert opinion and evidence of clinical and cost effectiveness. The formulary is not intended to restrict patient choice. Product selection should take account of the individual needs of the patient, but the recommended products would be suitable for the majority of patients. It may be that an alternative product which is not in the formulary may need to be provided. In this case the justification for its use needs to be documented in the patient's notes. The advice on the recommended volumes to be prescribed must be followed for all patients as this is a comparatively easy way of reducing costs and confusion for patients who often have boxes and boxes of items.

There are various reasons why secondary care (particularly for inpatients) may use different devices to those listed in this formulary. Patients should be advised on discharge from hospital that they may receive different continence items to those supplied in hospital.

Health care professionals are encouraged to only supply items from this formulary and not to just continue with any items that may have been supplied during a hospital admission.

This formulary will be updated annually and we are relying on all healthcare professionals to provide feedback and suggestions for any alterations or additions that seem necessary.

All continence products are classified as medical devices and are regulated by the Medicines and Healthcare Products Regulatory Agency (MHRA). The MHRA should be informed of minor faults and discrepancies between products. Anyone may report adverse incidents including patients, carers, or any healthcare professional via the MHRA reporting site Yellow card which covers medical devices as well as medicines – <https://yellowcard.mhra.gov.uk/>

This formulary does not include intermittent catheters or equipment for trans-anal irrigation, as these should be provided on an individual patient basis after specialist assessment, taking note of patient choice in order to aid concordance. Currently the majority of assessment for ICS and trans-anal-irrigation occurs within the secondary care or specialist setting.

GP Practices should not issue prescriptions retrospectively to any Dispensing Appliance Contractors (DACs)

Contents

Sterile Catheterisation Insertion Packs	Page 3
Sterile Lubricating Gel	Page 3
Indwelling Catheters	Page 4
Catheter Valves	Page 5
Catheter drainage bags, leg bags	Page 6
Catheter drainage bags, night bags	Page 7
Catheter Stabilisation Devices	Page 8
Catheter Maintenance Solutions	Page 9
Penile Sheaths	Page 10
Intermittent Catheters	Page 11
Prescribing quantities for continence appliances	Page 13

Sterile Catheterisation Insertion Packs

There are various catheterisation packs available for use on FP10 which can help reduce the risk of catheter related urinary tract infections and reduce healthcare professionals time by having all the appropriate equipment together. The comprehensive catheter trays are a very expensive way of prescribing a catheterisation pack, though they contain a catheter, legbag and all the equipment for removing and inserting a urethral catheter, they are an expensive brand and there is no leeway for problems during catheterisation, such as a dropped catheter.

Category	Sterile Catheterisation Pack			
Indications & Features	Facilitates aseptic non –touch technique to reduce risk of catheter associated urinary tract infections (CAUTI)			
Brand	Supplier	Product code	Pack size	Drug Tariff Price
Cath-It	Richardson Healthcare	908420	1	£1.98

Sterile Lubricating Gel

NICE guideline 2012: <http://www.nice.org.uk/nicemedia/live/13684/58656/58656.pdf> states that urethral trauma and discomfort will be minimised if an appropriate single use sterile lubricating or anaesthetic gel is used. Instillagel® is licensed as a medicine and consequently is not able to be dispensed by a Dispensing Appliance Contractor (DAC), only a pharmacy can dispense this.

A single disposable syringe of sterile lubricant for instillation should be used for both male & female patients. This can be used for supra-pubic use

Prescription – Order 3 items initially then only re-order 1 pack at a time

Category	Sterile Lubricant for catheterisation			
Indications & Features	Reduces the risk of urethral trauma. Recommended for both male & female patients. Suitable for supra-pubic changes.			
Brand	Supplier	Product code	Pack size	Drug Tariff Price
Optilube sterile lubricating jelly	OMS	1126	1 x 11ml syringe Male	
Optilube sterile lubricating jelly	OMS	1125	1 x 6ml syringe Female	
Instillagel	Clinimed		1 x 11ml syringe Male	
Instillagel	Clinimed		1 x 6ml syringe Female	

Indwelling Catheters

Indwelling Catheters for Urethral & Supra-pubic Use

Indwelling urinary catheterisation must be only undertaken as the last resort after all other alternatives have been considered. This is due to the increased risk of catheter related urinary tract infection with an indwelling catheter. It is also essential that the reason for catheterisation is documented.

Wherever possible use the smallest gauge catheter 12-14ch for urethral use. Use larger gauge 16-18ch for supra-pubic use.

All catheters are standard length to reduce the risk of a female catheter being inserted into a male patient inadvertently **NPSA ALERT (2009)**. Female catheters are available if required, for instance a particularly short female patient who may find the standard length catheter difficult to disguise when attached to a leg bag.

Where a patient with a permanent (long term) catheter is requiring frequent changes i.e less than 4 weeks then consideration should be given to the use of a PTFE coated catheter on the grounds of cost.

Prescription – order 3 catheters initially (where long term catheterisation is indicated) and re-order 1 at a time. Where the date for catheter removal is known (TWOC date), the patient will only require one spare catheter.

For Short / Medium Term Use – Adult

Recommended use up to 28 days

RUSCH PTFE AQUAFLATE. PTFE coated latex with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation							Usual Quantity
Male	Cat.No.	DP3101	10ml balloon	Size	12-24 Ch	£2.16	1 every month
Female	Cat.No.	DP2101	10ml balloon	Size	12-24 Ch	£2.16	1 every month

Foley Catheters: For Long Term Use – Adult

Recommended use up to 12 weeks

RUSCH SYMPACATH AQUAFLATE Hydrogel coated latex with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation							Usual Quantity
Male	Cat.No.	DH3101 12-24	10ml balloon	Size	12-24 Ch	£6.18	One every 12 weeks
Female	Cat.No.	DH2101 12-24	10ml balloon	Size	12-24 Ch	£6.18	One every 12 weeks

Foley Catheters: All Silicone (Latex Free)

For Long Term Use – Adult

Recommended use up to 12 weeks

1st choice RUSCH BRILLIANT AQUAFLATE All silicone with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation							Usual Quantity
Male	Cat.No.	DA3101 12-24	10ml balloon	Size	12-24 Ch	£6.07	One every 12 weeks
Female	Cat.No.	DA2101 12-24	10ml balloon	Size	12-24 Ch	£6.07	One every 12 weeks

2nd choice COVIDIEN DOVER ALL SILICONE (formerly Argyle All Silicone) FOR CATHETERS WITH NOTED DIFFICULT / TRAUMATIC REMOVALS							Usual Quantity
Male	Cat.No.	8887805	10ml balloon	Size	12-22 Ch	£5.94 each	One every 12 weeks
Female	Cat.No.	8887815	10ml balloon	Size	12-22 Ch	£5.94 each	One every 12 weeks

N.B. 10 ml Water for Injections (Prescription Only Medicine) must be prescribed separately 33p each, plus 2 x 10 ml syringes one for deflating and one for inflating the catheter balloon

Open ended catheters can be used for urethral or supra-pubic use and may offer an alternative for those patients experiencing problems with repeated bypassing & blockage. There is no tip to the end of this catheter creating an additional drainage channel. This product includes a pre-filled syringe with 10ml sterile water or glycerine, syringe of anaesthetic lubricant and a syringe for deflation.

Category	Long Term Indwelling All Silicone Catheter (up to 12 weeks)				
Indications & Features	This catheter can be used for urethral or supra-pubic. The glycerine filled balloon, is useful where a patient has repeated problems of the balloon deflating and the catheter falling out.				
Brand	Supplier	Product code	Size	Pack size	Drug Tariff Price
All Silicone Catheter with UniBal type balloon with sterile water filled syringe for balloon Standard length	L.IN.C Medical Systems Ltd	08501205W	12	1	£5.52
		08501405W	14		
		08501610W	16		
		08501810W	18		
All Silicone Catheter with UniBal type balloon with glycerine filled syringe for balloon Standard length	L.IN.C Medical Systems Ltd	08501205G	12	1	£5.52
		08501405G	14		
		08501610G	16		
		08501810G	18		

Catheter Valves

Ideally these should be considered as first choice rather than free drainage via a urine bag, unless a medical reason is stated or by patient choice. This allows the bladder to maintain some size and tone by working more physiologically, filling and emptying. This may prevent bypassing as the tip of the catheter does not irritate the mucosa. It may also reduce urinary tract infections as there is no stasis of urine below the catheter balloon.

Contra-indications: reduced bladder capacity, no bladder sensation, cognitive impairment, poor manual dexterity, and renal impairment. **They should not be used for patients, immediately post-radical prostatectomy.**

- Catheter valves should be changed weekly
- Most patients connect to a night drainage bag to prevent waking at night

Prescriptions – order 1 box catheter valves initially and re-order 1 box a month

Category				
Indications & Features				
Brand	Supplier	Product code	Pack size	Drug Tariff Price
Q Flow	Qufora (Mc Gregor)	21104204	5	£8.50 (£1.70 each)
Careline – Lever tap	Unomedical	908211S-20	5	£10.10 (£2.02 each)
Careline – T tap	Unomedical	90 805 1S-20	5	£10.10 (£2.02 each)
Flip- Flo	Bard	BFF5	5	£13.12 (£2.62 each)
Simpla	Coloplast	380851	10	£26.36 (£2.64 each)

Catheter drainage bags

Leg bags

- All catheter drainage bags connected directly to a catheter should be sterile.
- Leg bags may be worn in different positions on the leg, i.e. inside thigh/calf, which is an individual choice, and this will determine the length of the inlet tube
 - Short tube worn on the thigh
 - Long tube worn on the calf
- The different tap type depends on the dexterity of the person emptying the bag, or if a patient with cognitive impairment tends to fiddle
- The different sizes of leg bag are dependent on a patient's lifestyle. Small bags may be appropriate for shorts or shorter skirts, whilst the larger bags may help a wheelchair user who has difficulty accessing a facility to empty the bag.
- Maintaining a closed drainage system (i.e. not removing the leg bag when attaching a night bag) reduces the risk of infection.
- The leg bag must remain connected to the catheter and linked to the night bag if additional drainage capacity is required overnight
- If a bag becomes contaminated, or disconnected from the catheter, it must be changed.

Leg bags should be changed every 5 to 7 days (manufacturer's recommendation)


No more than one box of ten should be issued on alternate months (6 x 10 boxes per year)

1st Choice Unomedical Ltd (convatec) CARELINE leg bag with T- tap outlet, overnight connection tube and elasticated Velcro straps (1 pair per box of 10) (Sterile)				Usual Quantity
Size	Cat.	No.	Cost per 10	10 every 2 months (1 pack every 2 months)
350ml	short tube	45-01 SVCG	£25.69	
350ml	long tube	45-02 LVCG	£25.69	
500ml	short tube	45-05 SVCG	£25.48	
500ml	long tube	45-06 LVCG	£25.48	
750ml	short tube	45-09 SVCG	£25.48	
750ml	long tube	45-10 LVCG	£25.48	

1st Choice Unomedical Ltd (convatec) CARELINE leg bag with lever tap (Sterile)				Usual Quantity
500ml	short tube	46-05 SVCG	£25.48	10 every 2 months (1 pack every 2 months)
500ml	long tube	46-06 LVCG	£25.48	
750ml	short tube	46-09 SVCG	£26.93	
750ml	long tube	46-10 LVCG	£26.93	

Night drainage bags

FOR PATIENTS IN THEIR OWN HOMES:

Where a night bag is used as part of a link system (connected to the leg bag), then a single use night bag should be used. Drainable night bags should not be washed out and reused the following evening as they are a single use item depicted by  on the packaging.

One bag each night so a maximum of 30 every month.

Where the night drainage bag is attached directly to the catheter, a sterile 2 litre drainable bag should be used and replaced every 5-7 days. **No more than one box of ten should be issued on alternate months (6x10 boxes per year)**

Some patient may prefer not to use a night bag if they routinely awake overnight and can empty the leg bag. However patients who are unable to empty their bags overnight should have a 2 litre night bag to prevent the leg bag bursting or leaking.

Unomedical Ltd (Convatec) CARELINE EASI MT Non Sterile 2 litre drainage bag with 90cm inlet tube, non-return valve and single use twist off drainage outlet		Usual Quantity
47-60-LBH	£3.26 per 10 33p per bag	3 packs per month (i.e.30 bags per month)

Unomedical Ltd (Convatec) Careline+ E4, 2 litre Night Bag with 103cm inlet tube, non-return valve, lever tap and gloves		Usual Quantity
46-20-IDCG	£11.65 for a pack of 10 £1.65 per bag	10 every 2 months (1 pack every 2 months)

Catheter Stabilisation Device

It is **essential** that the catheter is secured properly to help to reduce pulling on the catheter which will minimise the risk of urethral trauma.

- The G straps can be worn around the thigh and fastened securely. They can be washed and reused
- The adhesive type devices can be worn for up to 7 days, caution should be given to the patient's skin and avoided where the skin is deemed fragile.

Prescriptions – G Straps Order 1 box of 5 initially and re-order 1 box every 6 months.

Statlock foley Device order one box initially and re-order every month

Coloplast - Simpla G-Strap			Pack size
383001	Adult 45cm	£13.64	5
383003	Abdominal	£15.05	5

Bard - Stalock Foley Device (adhesive)			Pack size
FOL0102DT	One Size	£12.21	5

Leg Bag holders

These leg bag holders or sleeves provide much better support than leg straps, which are provided with the leg bag. They reduce the risk of the straps cutting into the patient's leg.

- These can be worn on the thigh or on the calf. Patients' leg must be measured to ensure correct fit
- They are manufactured from soft, latex free fabric and encase the leg bag to hold it against the patients' leg
- They are washable and reusable
- They reduce the risk of urethral trauma by securing the bag correctly

Prescriptions – Order 1 box of 5 initially and re-order 1 box every 6 months.

Bard - Urisleave leg bag holder			Pack size
Small (24-39cm)	150111	£8.14	4
Medium (36-55cm)	150121	£8.14	4
Large (40-70cm)	150131	£8.14	4
Extra Large (65-95cm)	150141	£8.05	4

Replacement leg bag straps are available and should match the make of leg bag.

Unomedical - Careline leg bag straps			Pack size
45-85-EX	One Size	£14.35	10

Catheter Maintenance Solutions

The evidence for use of catheter maintenance solutions is limited. The decision therefore, to use a bladder maintenance solution, should be given careful consideration.

- 0.9% saline solution should only be used where there is evidence of small blood clots and/or debris
- Citric Acid 3.23% (Solution G / Suby G) – this works by dissolving the crystals formed by urease producing bacteria. These preparations also contain Magnesium Oxide to prevent bladder irritation due to the acidic nature of the solution. It can also be used to minimise catheter trauma caused by crystals, prior to removal of catheter.
- Citric acid 6% (Solution R) – this is effective at dissolving severe encrustation due to its acidic nature. It should only be used after citric acid 3.32% has been tried and has not been effective. It can also be used to dissolve crystals on the tip of the catheter to minimise catheter trauma prior to removal.
- Citric acid should only be used where it has been established that “encrustation” is the cause, by cutting open the catheters on removal, from those patients where blocking is problematic, to see if the lumen is blocked by sediment deposits.
- Monitoring urine pH may help determine the need for, and the type of solution required.
- Evidence suggests that two sequential instillations of a small volume are more effective at dissolving crystals than a single administration. **B BRAUN URO-TAINER TWIN** is

divided into a twin delivery system (2x30ml solution units) allowing sequential administrations.

Catheter maintenance solutions must not be used in patients with spinal injury due to the possibility of autonomic dysreflexia

Prescriptions – order 3 initially

Brand	Supplier	Product Code	Size	Pack Size	Drug Tariff*
Uro-Tainer Twin Suby G (3.23%)	B Braun	9746609	2x30ml	1	£4.81
Uro-Tainer Twin Solution R (6.0 %)	B Braun	9746625	2x30ml	1	£4.81
OptiFlo S (0.9% Saline)	Bard	CSS50	50 ml	1	£3.36
OptiFlo S (0.9% Saline)	Bard	CSS100	100 ml	1	£3.36

Penile Sheaths

It is essential that men are accurately assessed for a penile sheath to ensure effective use.

Each patient needs to be assessed for

- Sheath length – they usually come in two lengths.
- Sheath size – circumference. Every company measures their sheaths slightly differently
- Drainage bags – adjustable non-sterile leg bags are available.

The ordering of more than one box of 30 a month could indicate a poor fit and further advice should be sought from AICS. The sheath should be changed daily to allow for pressure relief, personal hygiene and assessment of skin integrity. Soap and water is normally adequate for removal. If there are problems, contact the continence service for further advice.

1st choice

Hollister Ltd, InView Self-adhesive Sheath with anti-kinking funnel			Pack size
Special (shorter)			
25mm	97125	£46.61	30
29mm	97129	£46.61	30
32mm	97132	£46.61	30
36mm	97136	£46.61	30
41mm	97141	£46.61	30
Standard			
25mm	97225	£46.61	30
29mm	97229	£46.61	30
32mm	97232	£46.61	30
36mm	97236	£46.61	30
41mm	97241	£46.61	30
Extra (standard with extra adhesive)			
25mm	97325	£46.61	30
29mm	97329	£46.61	30
32mm	97332	£46.61	30
36mm	97336	£46.61	30
41mm	97341	£46.61	30

2nd choice

GB Libra Sheath Latex free self-adhesive penile sheath	Pack size
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Standard			
24mm	GBLSS24	£46.80	30
28mm	GBLSS28	£46.80	30
31mm	GBLSS31	£46.80	30
35mm	GBLSS35	£46.80	30
40mm	GBLSS40	£46.80	30
Pop On			
24mm	GBLSP24	£46.80	30
28mm	GBLSP28	£46.80	30
31mm	GBLSP31	£46.80	30
35mm	GBLSP35	£46.80	30
40mm	GBLSP40	£46.80	30
Wide Band			
24mm	GBLSW24	£46.80	30
28mm	GBLSW28	£46.80	30
31mm	GBLSW31	£46.80	30
35mm	GBLSW35	£46.80	30
40mm	GBLSW40	£46.80	30

All the sheaths noted above are latex free

Leg bags for sheath users

The following leg bags have adjustable tubes, which can be cut to length, so **must only** be used for sheath users.

Place the bag on the lower leg and cut tube to size to ensure that there is no excessive loop in the tube, but allowing for when the patient is seated.

The larger volume bags are supplied by some manufacturers for wheelchair users.

1st Choice Flexicare Medical Ltd. Flexicare leg bag 60cm adjustable tube				Usual Quantity
Size	Cat.	No.	Cost per 10	10 every 2 months (1 pack every 2 months)
500ml	Adjustable tube	00-3501		

Intermittent Catheters

This should be the first consideration for bladder drainage rather than an indwelling urethral catheter as it protects the upper urinary tract from reflux, removes the problem of catheter encrustation and blockage and reduces the risk of infection. Age should not be a barrier to intermittent self-catheterisation in patients with significant post void residuals or retention.

There are a wide range of intermittent catheters and therefore each patient needs to be assessed individually so that the correct catheter is prescribed to meet their needs. The clinician teaching the patient to undertake intermittent self-catheterisation will give the GP the details of type of catheter and quantity required in a 24hour period. Catheters need to be prescribed on a monthly basis. Patients usually catheterise 4-6 times a day but the **maximum required should be 8 catheters a day**. Patients using any more than this should be referred to AICS for re-assessment.

Lubrication gel is not normally required for these catheters as they are normally pre-lubricated. There are some catheters that are un-lubricated. Please check with AICS if unsure.

The prescription for intermittent catheters may change; either in quantity due to patient's needs or as the patient becomes more skilled at the procedure that the type of catheter required may alter. Some patients may also use a variety of different catheters depending on their lifestyle – discrete catheters for use at work, catheter sets with integral bag if away from home etc.

Please remember to change the repeat prescription and delete the old repeat prescription, otherwise there can be a huge cost implication if the wrong catheter is dispensed for your patient.

Prescribing quantities for continence appliances			
Appliance	Frequency of change	Recommended quantity	Additional information
Indwelling catheters (Foley)	Up to 12 weeks (long term)	One every 12 weeks	Ensure one spare by initially prescribing three
	Up to 4 weeks (medium term)	One every 4 weeks	Ensure one spare by initially prescribing three
Intermittent (single use) catheters (PVC or self-lubricating)	Between 1 – 5 times daily maximum required should be 8 per day	Average use – 125 per month	All patients to be managed by AICS
Catheter valves	Every 5 – 7 days	One pack of five every month	
Sheaths	Usually one per day	One box of thirty a month	Requests for more than one box of 30 a month could indicate a poor fit and further advice should be sort from AICS.
Leg bags	Usually one bag every 5 – 7 days	One box of 10 should last 2 months	
Night bags	One bag each night unless the patient is bed bound and the night bag is not disconnected.	Thirty every month	Drainable night bags should not be washed out and reused the following evening.
Catheter retaining G straps		One box of 5 initially and re-order 1 box every 6 months.	
Catheter bag sleeves		Order 1 box of 5 initially and re-order 1 box every 6 months	
Catheter maintenance solutions		Prescriptions – order 3 initially	This must only be on a repeat prescription if requested by the AICS and even then must always be regularly reviewed