

**NHS GRAMPIAN**

**COMMUNITY CATHETER FORMULARY**

**AND**

**PRESCRIBING NOTES**

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## **NHS GRAMPIAN COMMUNITY CATHETER FORMULARY AND PRESCRIBING NOTES**

The NHS Grampian Formulary has been developed by the Continence Service, Pharmacy and National Procurement and is applicable for all primary care settings. The aim of having a formulary is to promote consistent and seamless care for patients within NHS Grampian 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 an appropriate clinical assessment and after agreement from either the Continence Service or Urology Specialist.

### **KEY PRESCRIBING POINTS**

#### **CATHETERS**

- For patients being started on long term catheters,  
**2 catheters should be ordered on the first prescription** - so that a spare catheter is kept in the house/care home
- Thereafter, only 1 catheter should be ordered on repeat prescription
- **Silver coated catheters should only be prescribed on the advice of the Continence Service, patients require to be regularly reviewed**

#### **LEG/NIGHT BAGS**

- Day leg bags are drainable and can be used for 5-7 days - **4 leg bags** will be required for one month
- Night bags are single use - **30 night drainage** bags will be required for one month
- Patients who use urinary sheaths should use the non-sterile legbag

#### **CATHETER ACCESSORIES**

- Only one catheter accessory is required e.g. legstrap (pack of 5) or sleeve (pack of 4)

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 VISION or EMIS, the tariff code can be entered under "Drug Name". This helps to ensure that the correct product is selected. NB on VISION, a "#" should be entered before the code number.

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

When prescribing bags, sheaths and other accessories the correct product code and total quantity required should be specified.

Never use abbreviations when prescribing.

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.

## **HOME DELIVERY COMPANIES**

There are various options for obtaining supplies of products i.e. from the community pharmacist or from one of the manufacturers who provide a home delivery service to the patients own home. The patient should always be asked which service they wish to use.

On discharge from hospital patients will be provided with a hospital to home discharge pack, this will include either short or long tube legbag, 10 night drainage bags, leg straps and patient information booklet.

## **USEFUL LINKS**

(Note: [underlined blue text](#) denotes intranet / internet links. Hold down CTRL and click on the link to access the required document).

- [NHS Grampian Community Catheter Formulary](#)
- NHS Grampian Your catheter leaflet (L65085) /supra-pubic leaflet (L65010) available from [NHS Grampian resources catalogue](#)
- NHS Grampian catheter problem solving [Sheet 1](#) and [Sheet 2](#)
- [NHS Grampian catheter hygiene sheet](#)
- [NHS Grampian daily catheter sheet](#)
- [RCN – Catheter Care](#)
- Health Protection Scotland – <http://www.hps.scot.nhs.uk/>
- Best Practice Statements – [Continence - Adults with Urinary Dysfunction](#) and [Urinary Catheterisations and Catheter Care](#)
- [SIGN 79 – Management of Urinary Incontinence in Primary Care](#)
- [Catheterisation and Catheter Care Guidelines](#) and advice on [completion of Continence Assessment](#)
- British National Formulary (BNF) – <http://bnf.org/bnf/index.htm>
- [Scottish Drug Tariff](#)

For advice on catheter problems e.g. bypassing, encrustation, use of catheter maintenance solutions contact the Continence Advisory Service – Tel: 01467 672748 or e-mail [grampian.inveruriecas@nhs.net](mailto:grampian.inveruriecas@nhs.net)

The manufacturers who have products on the Catheter Formulary have local medical representatives. The Continence Service will organise training from these companies. These are the only companies that you will be able to see.

## **CATHETER INFORMATION AND PRESCRIBING NOTES**

Patients must always be individually assessed before catheterisation is undertaken in order to ensure it is both safe and appropriate.

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

- Short/medium term – average length of use is between 1 to 4 weeks
- Long term – average length of use is between 3 to 12 weeks
- PTFE coated catheters (contain latex) are mainly used in acute care. If a patient requires frequent catheter changes a PTFE catheter should be used
- Silicone and Hydrogel catheters are licensed for urethral and supra-pubic catheterisation but always read the manufacturers instructions prior to use to ensure the specific catheter being used is licensed for this type of catheterisation.
- Catheter trays should not be prescribed as they are not cost effective

## **BALLOON SIZE**

All catheters used should have a balloon size of 10mls unless otherwise stated by the manufacturer. Pre-filled catheters are not included within the formulary due to reported problems including water loss and deflation. If any patient is currently prescribed these, they should change to an alternative catheter within the formulary.

## **CHARRIERE (size)**

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

<b>Female patients:</b>	Size 12ch to 14ch
<b>Male patients:</b>	Size 12ch to 16ch
<b>Supra-pubic catheterisation:</b>	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

## **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 **2 catheters to be ordered for a first prescription** so that a spare catheter is kept in the house/care home
- After this **1 catheter** to be ordered on repeat prescription
- Do not use talc or creams unless recommended by the Continence Service
- Open tipped indwelling urinary catheters can be used if patients are experiencing problems with blockages or where there are issues with removing a supra-pubic catheter. The company who manufacture these are L.I.N.C

## **SILVER COATED CATHETERS**

**This should only be prescribed with specialist advice from the Continence Service**

**RUSCH (TELEFLEX) PTFE AQUAFLATE - PTFE COATED LATEX** with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation – ONLY USE IF NO LATEX ALLERGY – THIS CAN BE USED IF A PATIENT REQUIRES FREQUENT CATHETERISATION

**Short term use – 1-4 weeks**

<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
Female 16ch – 10ml balloon	DP210116	1
Male (Standard) 12ch – 10ml balloon	DP310112	1
Male (Standard) 14ch – 10ml balloon	DP310114	1
Male (Standard) 16ch – 10ml balloon	DP310116	1

**1ST CHOICE IF LATEX ALLERGY**

**RUSCH (TELEFLEX) 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 female 16ch – 10ml balloon	DA210116	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
All silicone male (standard) 18ch – 10ml balloon	DA310118	1

**2ND CHOICE**

**RUSCH (TELEFLEX) 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
Female 16ch – 10ml balloon	DH210116	1
Male (Standard) 12ch – 10ml balloon	DH310112	1
Male (Standard) 14ch – 10ml balloon	DH310114	1
Male (Standard) 16ch – 10ml balloon	DH310116	1
Male (Standard) 18ch – 10 ml balloon	DH310118	1

**L.I.N.C. MEDICAL OPEN-TIPPED CATHETER ALL SILICONE WITH INTEGRAL BALLOON**

**Can be used for urethral or suprapubic catheters**

Type and size	Drug Tariff Code	Unit per Pack
Female 12ch – 5ml balloon	08471205	1
Female 14ch – 5ml balloon	08471405	1
Female 16ch – 10ml balloon	08471610	1
Standard 14ch – 5ml balloon	08451405	1
Standard 16ch – 10ml balloon	08451610	1

## **INTERMITTENT CATHETERISATION**

Intermittent self catheterisation (ISC) is a well-established form of management for neuropathic bladder dysfunction and other causes of incomplete bladder emptying (Shah & Leach 2001). 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 (Getcliffe K 2003). 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, DVD.

## **INTERMITTENT CATHETER**

**COLOPLAST SPEEDICATH SINGLE USE** – ready to use hydrophilic coated

Type and Size	Drug Tariff Code	Unit per Pack
Female 8ch	28508	30
Female 10ch	28510	30
Female 12ch	28512	30
Female 14ch	28514	30
Male 12ch	28412	30
Male 14ch	28414	30
Male 16ch	28416	30

## **INTERMITTENT CATHETER**

**COLOPLAST SPEEDICATH COMPACT 15cm** – ready to use in water

Type and Size	Drug Tariff Code	Unit per Pack
Female 8ch	28578	30
Female 10ch	28580	30
Female 12ch	28582	30
Female 14ch	28584	30

## **INTERMITTENT CATHETER – SINGLE USE**

**LOFRIC SENSE FEMALE AND PRIMO MALE** – ready to use in water

Type and Size	Drug Tariff Code	Unit per Pack
Female 8ch Sense	4160825	30
Female 10ch Sense	4161025	30
Female 12ch Sense	4161225	30
Female 14ch Sense	4161425	30
Male 10ch Primo	4101025	30
Male 12ch Primo	4101225	30
Male 14ch Primo	4101425	30
Male 16ch Primo	4101625	30

## **URINE DRAINAGE BAGS**

### **PRESCRIBING NOTES**

- Legbags have needle free sample ports
- Legbags should be changed every 5-7 days according to manufacturers guidelines
- Ensure legbags are firmly attached to catheter
- If a catheter maintenance solution is used or the legbag becomes stained or contaminated, then a new legbag should be used
- 1 pair of leg straps are provided with box of 10 leg bags, if extra straps are require, order these separately - see page 10
- Non drainable night bags are a single use item. The tap on the night drainage bag should be used. Scissors should not be used for emptying the bag.
- 1 box of legbags should be ordered every 2 months
- A catheter accessory requires to be used – SEE PAGE 8
- Night stands can be obtained from manufacturers

### **SPECIALIST BAGS**

- There are specialist companies who produce bags for patients who are wheelchair dependent
  - Rusch Belly Bags – 01494 532761 [www.teleflex.com](http://www.teleflex.com)
  - Thigh Bags, and Bendi Bags from Manfred Sauer – 01604 595696 [www.manfred-sauer.co.uk](http://www.manfred-sauer.co.uk)
  - Or contact Continence Advisory Service for further details

### **PROSYS (CLINISUPPLIES LTD) – STERILE LEGBAG – DAYTIME USE**

**Contains pair of non latex gloves per legbag pack and one set of straps per box**

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Units per Pack</b>
350ml short tube slide action	P350S	10 per box
350ml long tube slide action	P350L	10 per box
500ml short tube slide action	P500S	10 per box
500ml long tube slide action	P500L	10 per box
750ml short tube slide action	P750S	10 per box
750ml long tube slide action	P750L	10 per box
500ml short tube lever tap	P500SLT	10 per box
500ml long tube lever tap	P500LLT	10 per box

### **PROSYS (CLINISUPPLIES LTD) NIGHTBAGS – DRAINABLE – SINGLE USE**

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Units per Pack</b>
Non-sterile 2 litre night bag – single use drainable tap	PSU.2	10

## URINARY SHEATHS – 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 manufacturers guide is specific to their product.
- Measure round mid-shaft of the penis
- Samples of sheaths can be provided by the Continence Service or the company before a prescription is raised to ensure correct size is used
- Do not use talc or creams unless recommended by Continence Service
- Sterile leg bags are not required for sheaths use Coloplast Profile from Coloplast
- Generally, one box of 30 SHEATHS should be adequate for one months supply

### 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:**

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

## URINARY SHEATHS

### HOLLISTER – INVIEW SILICONE SELF ADHESIVE SHEATH

Product Description	Drug Tariff Code	Units per Pack
Special 25mm	97125	30
Special 29mm	97129	30
Special 32mm	97132	30
Special 36mm	97136	30
Special 41mm	97141	30

Product Description	Drug Tariff Code	Units per Pack
Extra 25mm	97325	30
Extra 29mm	97329	30
Extra 32mm	97332	30
Extra 36mm	97336	30
Extra 41mm	97341	30

## **MANFRED SAUER P-SURE LATEX FREE SELF ADHESIVE SHEATH**

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Units per Pack</b>
24mm	97.24	30
26mm	97.26	30
28mm	97.28	30
30mm	97.30	30
32mm	97.32	30
35mm	97.35	30
37mm	97.37	30
40mm	97.40	30

## **CATHETER TUBING AND ACCESSORIES**

**IT SHOULD ONLY BE NECESSARY TO USE ONE OF THE PRODUCTS BELOW**

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Coloplast G-Strap - Abdomen	383003	5
Coloplast G-Strap - Adult	383001	5
BARD URISLEEVE Small 24-39cm	150111	4
BARD URISLEEVE Medium 36-55cm	150121	4
BARD URISLEEVE Large 40-70cm	150131	4
BARD URISLEEVE Ex Large 55-80cm	150141	4
Cliniflex tube holder – Small	40-310	10
Cliniflex tube holder – Large	40-410	10
Statlock - for use with most of the silicone and latex based catheters	FOL0102DT	5
Clinisupplies Leg Bag Straps	P10LS	10

## **CATHETER VALVES**

- Follow section 7 in the NHS Grampian Urinary Catheterisation Guidelines for indications and contra-indications
- Catheter valves should only be used following a clinical assessment
- 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 guidelines
- One box of 5 should be sufficient for one months supply

<b>Product Description</b>	<b>Drug Tariff Code</b>	<b>Unit per Pack</b>
Unomedical Catheter Valve – Lever	90-821 1S-20	5
Unomedical Catheter Valve – T-Tap	90-805 1S-20	5
Bard Flip Flo	BFF5	5

## CATHETER MAINTENANCE SOLUTIONS PRESCRIBING NOTES

- For removal of debris, sodium chloride catheter maintenance solution 0.9% can be used
- These should not be used routinely, used for short term treatment of indwelling catheters blocked by encrustation or to assist catheter removal by dissolving crystals that have formed
- Urine pH should be checked prior to use to ensure correct solution is prescribed
- If pH is between 7.0 – 7.4 use Solution G Citric Acid 3.23%
- If pH is over 7.4 use Solution R Citric Acid 6%
- Solution should be allowed to flow into the catheter by gravity, do not squeeze solution into catheter
- Document on Catheter Maintenance Sheet – ZML996

## CATHETER MAINTENANCE SOLUTIONS

Product Description	Drug Tariff Code	
Sodium chloride 0.9%	FB99849 or Search under 'Urotainer'	50ml
Solution G Citric Acid 3.23%	9746609	2 x 30ml
Solution R Citric Acid 6%	9746625	2 x 30ml

## LIGNOCAINE HYDROCHLORIDE 2% CHLORHEXIDINE GLUCONATE SOLUTION 0.25% (INSTILLAGEL®)

### For single use only

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

For supra-pubic catheterisation 3mls of Lignocaine can be used but be aware of medicolegal responsibilities

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

**MANFRED SAUER - NEPHROSTOMY BAGS/BELT  
REVOLUNATORY DRESSING**

Product Description	Drug Tariff Code	Unit
Nephrostomy Belt – ADULT	NSBELT.0.2	QUANTITY x 1
Nephrostomy Bags 500ML – 30CM INLET	NS721.1730S	QUANTITY x 1
<b>Revolunatory dressing from Centre Stores</b>	<b>CFG624 - PECOS</b>	

**USEFUL CONTACT DETAILS**

Wilma Nicolson – Continence Advisor  
[Wilma.nicolson@nhs.net](mailto:Wilma.nicolson@nhs.net) – 01467 672748

Alison Davie – Pharmacist  
[Alison.davie@nhs.net](mailto:Alison.davie@nhs.net) – 01224 565433

**UROLOGY DEPARTMENTS**

Aberdeen Royal Infirmary – 01224 552766

Dr Gray's Hospital, Elgin – 01346 567384