

Continence Products Formulary

Produced by: The Vale of York Prescribing Team
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Key Recommendations

- Many factors may need to be considered when selecting continence products including specific patient needs. Therefore, it is important that the Continence Nurse Specialists are involved in any recommendations or prescribing decisions around continence care.
- Ensure regular review of prescribing for all patients with incontinence and assess appliance and accessory use in line with patient needs and prescribing recommendations. Where there is no need for products, discontinue prescribing and remove from repeat. Overuse should prompt referral to specialist nurse for a review of patient appliance use.
- Advice should be sought from the Specialist Continence Team if there are concerns about a patient using or requiring continence products.
- Prescribe appropriate quantities on repeat.
- Any new accessories being prescribed should be reviewed by the Specialist Nurse/District Nurse and GP.
- Prescriptions for appliances should only be issued at the request of the patient/patient's carer.

Continence Product Information

Intermittent self-catheterisation

- Ideally, intermittent catheterisation should be the first choice dependant on patient suitability.
- Single use self-lubricated hydrophilic catheters are the recommended choice.
- Frequency may vary from 1-5 times per day for patients in chronic retention. However, for dilation of a stricture, frequency may be twice weekly for 4-6 weeks followed by weekly, until advised otherwise by Consultant.
- Always encourage the patient to attempt to void prior to passing the catheter to give a true residual of urine.
- Initially, it is helpful if patients can record their residuals in order to determine their future plan of care.

Indwelling Foley Catheters and Catheterisation Packs

- PTFE and Bardex IC catheters are classed as short term catheters, ie. 4 weeks. All other catheters on this formulary are long term catheters, ie. 12 weeks. (PTFE and Bardex IC may be prescribed on Specialist Continence nurse recommendation only)
- The smallest carrier size catheter should be used for urethral catheterisation, for example, Size 12ch, but if inserting a supra pubic catheter, a size 16ch standard length should be used.
- The Bardex IC catheter is suitable for patients who are experiencing recurrent urinary tract infections and should be used for at least 3 months before their effectiveness is reviewed.

- If a catheter requires frequent changes, consider a short term catheter (PTFE) as they are more cost effective.
- Foley catheters are available in standard and female length. In hospital, the patient will have a standard length catheter only. Female catheters are available in the community only on prescription. It is critically important that a female catheter is not inserted into a male urethra due to the risk of adverse events.
- The open tipped catheter may be considered to improve drainage of debris in the urine in long term indwelling catheterisation.
- If considering Farco-fill, this should only be used with the Linc Medical Supra-flo open tipped catheter.
- Patients should have 2 catheterisation trays in reserve.
- When using the Bard catheter trays and statlock **follow the manufactures instructions on applying and removal of the statlock, do not use on fragile skin.** Please note that appropriate positioning and removal of the statlock is imperative to avoid serious complications. Change weekly to an alternative site.
- The Bard Catheterisation Trays contain all equipment required to perform catheterisation including catheterisation gel. If using a gel with lidocaine and chlorhexidine, please note this is only required for patients who are known to experience discomfort on catheterisation (This will need prescribing).

Sheaths

- Correct sizing and fitting is essential for effective use.
- Sheaths must be changed daily using a warm soapy flannel or medical adhesive remover; during a bath or shower is the ideal time for changing the sheath.
- Use mild soap not moisturising or liquid soap.
- Trim pubic hair, but do not shave as this can cause irritation.
- Before applying sheath ensure the skin is completely dry.
- When fitting the sheath, ensure the foreskin is forward and covering the glands and there is sufficient room to allow free flow of urine, to avoid the sheath lifting off when the patient passes urine.
- Once applied, encourage the patient to warm the sheath with their hands which will improve the adhesive bond to the skin.

Please note – when patients are using a sheath they can re-use the leg bag and drainable night bag for 7 days. Do not use a non-drainable night bag.

Catheter Valves

- A sterile valve can be used as an alternative to a leg bag and is attached to the catheter for up to 7 days before changing.
- A night bag can be attached directly to the valve outlet to allow free drainage at night.
- There is very little research to support the benefits of catheter valves, although these benefits are recognised in clinical practice. They include a reduced risk of infection and maintenance of bladder tone, for example prior to a TWOC.
- The catheter valves may not be suitable for all patients, for example those with cognitive impairment, poor dexterity, reduced bladder sensation and overactive bladder.

Leg Bags

- All leg bags must stay in place for **7 days**. (Please note in the Bard Trays the leg bag is attached to the catheter with a red seal and can remain in place for 14 days).
- All leg bags now have a needle free sample port to obtain a CSU.
- Prescription – 1 box (10 leg bags) should be prescribed every 2 months.

Night Bags (single use)

- Night bags should only be single use unless the patient is bed bound, where a 2 litre drainable night bag should be used (please change this every 7 days).
- Night bag stands are not available on prescription, but can be requested from the catheter supplies manufacturers or dispensing contractors, free of charge.
- **Prescription - maximum of three boxes for ONE month supply.**

Anal Plug

- If considering a Peristeen Anal Plug or a Renew Insert for faecal incontinence, please discuss with the York Continence Advisory Service.

Catheter Maintenance Solutions

- Individual catheter maintenance solution regimes are to lengthen the life of the catheter for those who block with encrustation/crystal formation.
- These are not to be confused with bladder washouts or bladder irrigation, and are only to be used to prevent catheter blockage. If the catheter is blocked, it must be changed.
- Catheter maintenance solutions should be used as a treatment plan and not as routine for every patient. Consideration must be given to the evidence base and the breaking of the 'closed system', and the potential risk of introducing further bacteria into the bladder.
- Citric Acid 3.23% (Suby G) and Citric Acid 6% (solution R) should only be used once it has been established that encrustations are the cause
- Sodium chloride should only be used for the washing of debris (blood, mucus and pus) from the catheter.
- Two sequential instillations of 50mls are more effective than a single administration.
- Before considering or prescribing catheter maintenance solutions, you must have followed the troubleshooting guidance in the York Teaching Hospital Urinary Catheter Guidelines. Consider if the patient needs to be referred to an Urologist for cystoscopy, especially those with supra pubic catheters if last cystoscopy was over 2 years ago.

For any items not listed within the formulary or any further advice required please contact the Continence Advisory Service **Tel: 01904 724363**

This formulary does not contain all continence products however clinicians may prescribe whichever product on Part IX of the Drug Tariff that they consider best meets the needs of their patients.

Long Term Catheters up to 12 Weeks

Bard Biocath Comprehensive Care Foley Tray pre-connected to Uriplan Leg Bag	Prescription Code	Price
D5S Direct Inlet Standard Catheter Sizes 12-16 available	D22655S (12/14/16)	£17.26 each
D5S Direct Inlet Female Catheter Sizes 12-16 available	D22695S (12/14/16)	£17.26 each
D5M 10cm Inlet Standard Catheter Sizes 12-16 available	D22655M (12/14/16)	£17.26 each
D5M 10cm Inlet Female Catheter Sizes 12-16 available	D22695M (12/14/16)	£17.26 each
D5L 30cm Inlet Standard Catheter Sizes 12-16 available	D22655L (12/14/16)	£17.26 each
D5L 30cm Female Catheter Sizes 12-16 available	D22695L (12/14/16)	£17.26 each
Bard Lubri-Sil Comprehensive Care Foley Tray pre-connected to Uriplan Leg Bag	Prescription Code	Price
D5S Direct Inlet Standard Catheter Sizes 12-16 available	D17585S (12/14/16)	£18.22 each
D5S Direct Inlet Female Catheter Sizes 12-16 available	D17615S (12/14/16)	£18.22 each
D5M 10cm Inlet Standard Catheter Sizes 12-16 available	D17585M (12/14/16)	£18.22 each
D5M 10cm Inlet Female Catheter Sizes 12-16 available	D17615M (12/14/16)	£18.22 each
D5L 30cm Inlet Standard Catheter Sizes 12-16 available	D17585L (12/14/16)	£18.22 each
D5L 30cm Female Catheter Sizes 12-16 available	D17615L (12/14/16)	£18.22 each

Short Term Catheters up to 28 Days		
OptiLube Active Sterile Lubricating Jelly	Prescription Code	Price
6ml Syringe	1160	£1.10 each
11ml Syringe	1161	£1.15 each

Urinary Sheaths		
Please only prescribe this if the patient has been measured and fitted by the Continence Service		
Style 1 is a standard length sheath with the adhesive positioned centrally (adhesive does not run all the way through). These would be initially measured and prescribed by a member of the continence team.		
Style 2 is a shorter length sheath with the adhesive positioned forwards the tip. Style 2 sheaths will fit all sizes of penis, but are particularly suitable if the penis is retracted at rest. These would be initially measured and prescribed by a member of the continence team.		
Style 3 is a standard length sheath with additional adhesive area to provide very secure adhesion for men with a who are particularly active or have difficulty in keeping other sheaths in place. These would be initially measured and prescribed by a member of the		
Self-Adhesive Sheaths with Hydrocolloid (non-sterile)		
Clear Advantage Spirit, Self-adhesive silicone sheaths	Prescription Code	Price
Style 1 Size: 24	5243	£51.89 (box of 30)
Style 1 Size: 28	5283	£51.89 (box of 30)
Style 1 Size: 32	5323	£51.89 (box of 30)
Style 1 Size: 36	5363	£51.89 (box of 30)
Style 1 Size: 40	5403	£51.89 (box of 30)
Style 2 Size: 24	7243	£51.89 (box of 30)
Style 2 Size: 28	7283	£51.89 (box of 30)
Style 2 Size: 32	7323	£51.89 (box of 30)
Style 2 Size: 36	7363	£51.89 (box of 30)
Style 2 Size: 40	7403	£51.89 (box of 30)
Style 3 Size: 24	9243	£51.89 (box of 30)
Style 3 Size: 28	9283	£51.89 (box of 30)
Style 3 Size: 32	9323	£51.89 (box of 30)
Style 3 Size: 36	9363	£51.89 (box of 30)
Style 3 Size: 40	9403	£51.89 (box of 30)

Drainage Bags				
Leg Bags	Capacity	Inlet	Prescription Code	Price
Bard Spirit Leg Bag	500ml	10cm Inlet	DSL500S	£24.20 (Box of 10)
	500ml	30cm Inlet	DSL500L	£24.20 (Box of 10)
2 Litre Night Bags	Capacity	Inlet	Prescription Code	Price
Bard Uriplan (Night Bags)	2 Litre - Drainable Sterile - Non Return Valve 98cm		D813131	£13.48 (Box of 10)
	2 Litre - Drainable (Once Use Only)		D1MT	£3.40 (Box of 10)

Other Catheter Equipment		
Bard Urisleeve	Prescription Code	Price
Small (24-39cm)	150111	£8.29 (Pack of 4)
Medium (36-55cm)	150121	£8.29 (Pack of 4)
Large (40-70cm)	150131	£8.29 (Pack of 4)
Extra Large (65-95cm)	150141	£8.20 (Pack of 4)
Coloplast Limited Simpla G Strap	Prescription Code	Price
Adult (50cm)	383001	£14.56 (Box of 5)
	Prescription Code	Price
Bard Statlock (Alternative to G Strap)	F0L0102DT	£12.91 (Box of 5)
Catheter Valves (Change Weekly)	Prescription Code	Price
Bard Flip-Flo	BFF5	£13.37 (Box of 5)