Nottinghamshire Integrated Continence Formulary

Guidance
Date: May 2017
Guidance on use of products within The Continence Formulary for Primary and Secondary Care

- All products have been chosen to ensure continuity of care from secondary care through to primary care, including care homes.

- Most products are available through NHS Supply Chain and on prescription. However if a product becomes unavailable please contact the Continence Advisory team.

- After clinical assessment if the products on the Continence Formulary do not meet the needs of the patient please contact the Continence Advisory Service.

- For patients who are already using products there may be situations where it is not in the patients’ best interest to change to products on the Formulary. Please refer to the Continence Advisory Service if you require more advice.

- The Continence Formulary must be used when undertaking a new patient assessment where products need to be prescribed.

- Compliance to the Formulary will be monitored through audit on an annual basis.

- Please refer to your NHS organisation policy on seeing Medical representatives.

- Changes to the Continence Formulary will only be made by the Countywide Continence Formulary Group.

- The Continence Formulary will be reviewed by the Countywide Continence Formulary Group after two years unless significant circumstances arise that require immediate action.
Adherence to local policy and procedures

Intermittent catheters
- Intermittent catheters should be considered the first line treatment for catheterisation.
- Choose the appropriate length and size.
  - Females (10ch - 14ch) length 20cm.
  - Males (12ch - 18ch). Larger charrier for stricture management up to 18ch length 40cm.
- Intermittent catheter information leaflets are available through the Continence Advisory Service/Intranet/Stationery supplies.
- Always use standard length catheter for male patients.
- Instillagel is not required with hydrophilic catheters but may be used to aid the first few insertions. If Instillagel is used it must be prescribed and wait a minimum of 5 minutes before introducing the catheter to allow it to take effect.

Indwelling catheters
(All catheters on Formulary are suitable for urethral or suprapublic use)
- Choose the appropriate size and length of catheter.
- Female length size 12 -16ch catheter (Due to functional difficulties some females may require a standard length 12-16ch for comfort).
- For males you **MUST** always use standard length size 12-18ch catheter. Under no circumstances should a female length catheter be used in a male.
- Long-term catheters are made of all silicone or coated hydrogel latex and can stay in situ for up to 12 weeks.
- Short-term catheters are made from coated PTFE latex and should stay in situ no longer than 28 days.
- All patients with a known latex allergy/sensitivity must have an all silicone catheter.
- Length and balloon volume can be found on the packaging, or the balloon inflation valve.
- All catheters on Formulary have pre-filled syringes.
- Balloons must be fully inflated with the full 10 mls from the prefilled syringe to ensure correct position of the catheter.
- All catheters on the Formulary have adhesive labels that must be used in patient documentation.
- Adequate supplies of catheters and equipment needed should be ordered (including prescribed Instillagel).
- Instillagel (needs to be prescribed) to use prior to each insertion – its properties are antiseptic and anaesthetic, it dilates and lubricates the urethra. Wait for a minimum of 5 minutes before introducing the catheter after insertion of Instillagel to allow it to take effect.
- Indwelling catheter patient information leaflets are available through the Continence Advisory Service/Intranet.
- Prescribe Instillagel 11mls male / 6mls female.
All Catheters are universally colour coded:

<table>
<thead>
<tr>
<th>Colour</th>
<th>Size (Charrier / CH)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Black</td>
<td>10</td>
</tr>
<tr>
<td>White</td>
<td>12</td>
</tr>
<tr>
<td>Green</td>
<td>14</td>
</tr>
<tr>
<td>Orange</td>
<td>16</td>
</tr>
<tr>
<td>Red</td>
<td>18</td>
</tr>
<tr>
<td>Yellow</td>
<td>20</td>
</tr>
<tr>
<td>Purple</td>
<td>22</td>
</tr>
<tr>
<td>Blue</td>
<td>24</td>
</tr>
</tbody>
</table>

Leg bags
- Choose the appropriate length of tube considering patient preference and functionality.
- Leg bags attached directly to a catheter must be sterile.
- If attached to a sheath can be non-sterile.
- Catheter bag sleeve to promote patient comfort and reduce allergy and irritation from catheter straps.
- Change leg bags every 7 days.
- All catheter bag changes undertaken by health or social care staff must be documented in the patient records.
- Maintain the continuity of the sterile drainage system at all times by avoiding unnecessary disconnection.
- Urine samples must be taken from needle free sample port only when clinically indicated.

2 litre night drainage bags

Non-Sterile Drainable Single use:
- Twist off non reusable tap, to drain bag – scissors must not be used.
- Single use only.
- Dispose of immediately, cannot be reused.
- Cannot be attached directly to a catheter.
- Can only be used to link on to a leg bag.

Sterile Drainable:
- Empty via the tap, close tap after emptying.
- If attached directly to the catheter it can stay in situ for up to 7 days.
**Belly Bag**
- Is an alternative drainage system for urethral and suprapubic catheters.
- Can be used in situ for up to 28 days (Not appropriate for patients who require frequent disconnection of a closed drainage system).
- Capacity of up to 1 litre.
- Secure around the waist with an adjustable strap.
- For female patients using a belly bag, standard length catheters must be used.
- Connector is available for use with night bag.

**Drainage bag sleeves**
- A good support system for patients with catheter sheath leg bags.
- Ensure correct size is selected by measuring mid thigh or mid calf depending on where catheter bag is to be worn.
- Follow manufacturer instructions for sizing and fitting.
- Single use measuring guides are recommended.
- Ensure patient is shown how to apply and recheck sizing.
- Can be laundered as per manufacturers’ instructions.
- Single patient use only.

**Catheter fixator strap**
- These must be used for all patients with an indwelling catheter in accordance with national guidance.
- These may be used for patients using a sheath.
- To reduce the risk of trauma and friction.
- Single patient use only.
- Ensure size is appropriate for the patient (Strap can be cut if too long in length for the patient using single use scissors).
- Hospital usage - single patient use, changed if soiled and changed every 7 days.
- Catheter fixators must be washed according to manufacturer’s instructions.

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**How to use a catheter retaining strap (Simpla G-strap)**
1. Position the Catheter Strap around the leg or abdomen, with the silicone strip against the skin, and stretch it into place to fit snugly but not too tight.
2. Position the tubing under the fastening rubber strip.
3. Wrap the short rubber strap around and under the tube or catheter and push the free end through the slot provided.
Catheter valves
- An alternative to a drainage bag and should be considered as an option for patients with a urethral or suprapubic catheter.
- Ensure patient/carer has the cognitive ability and dexterity to manage the valve.
- Catheter valves should be released to empty the bladder dependent on individual bladder function (Maximum length of time before being released 4 hours in the daytime).
- Catheter valves can remain in situ for 7 days and leg bag / 2 litre drainage bags can be linked on if required for night time.
- Not appropriate following some urological surgery including radical prostatectomy.
- Catheter valve patient information leaflets are available through the Continence Advisory Service/Intranet.

Catheter Maintenance solutions
Only to be prescribed following individual assessment.
Optiflo S 50mls.
- To check patency of catheter.
- To clear debris.
Optiflo G 50mls.
- To dissolve encrustation.
- To extend catheter usage.
Urotainer Suby G 2 x 30mls
- Use 10-15mls from either chamber, clamp off for 5 minutes and repeat using second chamber.

IF UNSURE DISCUSS WITH CONTINENCE ADVISORY SERVICE.

NB A new leg bag should be used after each administration of a Catheter Maintenance Solution unless using a Bladder Infusion Kit.
Sheaths
- Sheath sizes vary from manufacturer to manufacturer therefore the penis must be measured with the relevant manufacturers measuring guide. (Single use).
- Fit according to manufacturers instructions.
- Change every 24hrs in accordance with manufacturer’s guidance.
- Pubic hair guards are available with some sheaths within the Formulary.
- Sheaths are available in a standard length and short lengths – for patients with a retracted penis.
- Sheaths should be removed using soap and warm water.
- If used correctly there should be no need to use other products such as adhesives and adhesive removers.
- Sheath patient information leaflets are available through the continence advisory service / POD.

Urinals
- Available through logistics, NHS supply chain and FP10.
- Single patient use only in all settings.
- For specialist equipment, please seek advice from Continence Advisory Service.
- To be cleaned in accordance with LOCAL INFECTION CONTROL POLICY.
- HOSPITAL USE - Only to be used for identified patients with functional incontinence to aid independence of toileting.
- HOSPITAL / CARE HOME - Urinals should be marked clearly with patients name and used only for that specific patient.
- Wash using hot soapy water dry and store appropriately after each use.

Male Funnel (Urine Director)
- Useful for men with retracted penis or difficulty directing flow.
- Can be used to aid toileting by attaching a 2 litre drainage bag if managing a urinal is difficult.
- Available in 2 sizes - standard- male funnel / adult funnel (short).
- Can also be used with Beambridge male drainage jug to reduce risk of complete spillage.

Male Urinal (Available to buy / ICELS)
- Can be used with safety gel sachets to reduce risk of spillage. Useful if the patient prefers to stand the urinal up.
- Safety gel is not available on FP10 but can be purchased by the individual.
Male drainage jug with tap
- Helpful for patients with mobility problems.
- For men who void large volumes of urine a 2 litre drainage bag from the Formulary may be attached.
- Not suitable if patient chooses to stand the urinal by the bed or chair.
- Can be used with the Beambridge funnel to reduce the risk of spillage.
- Do not use with safety gel.

Male URIbag
- **LATEX ALLERGY DO NOT USE**
- Useful for men when travelling.
- Small enough to put in the pocket.
- Do not use disinfectants or bleach.
- Turn the urinal inside out to wash & dry.
- Ensure rubber lining is not perished to avoid accidents.
- Keep out of direct sunlight.
- **Community settings only.**

Female Saddle urinal
- Helpful with patients with mobility problems, or to assist carer.
- For women who void large amounts of urine preferable to use with safety gel.

Lady Funnel (urine director)
- Useful for a woman who is unable to sit on the toilet to pass urine and can be attached to a 2 litre drainage bag.
**Female Bridge urinal with tap**
- Helpful for patients with restricted movements/ mobility problems or to assist carer.
- Useful for patients in wheelchairs.
- Patients need to be in a sitting position for effective use.
- Useful for women who void large amounts of urine as a 2 litre drainage bag from the Formulary can be attached to the urinal. This needs to be changed every 7 days / Hospital use changed daily.

**Lady Jug**
- Must be used with patient sitting on the edge of the bed or chair.

**Female URIbag**
- **LATEX ALLERGY DO NOT USE**
- Useful for women when travelling.
- Small enough to put in the pocket.
- Do not use disinfectants or bleach.
- Advise re turning urinal inside out to wash & dry.
- Advise re checking rubber lining is not perished to avoid accidents.
- **Community settings only.**
Average Prescribing Quantities for Continence Appliances - PRIMARY CARE USE ONLY

This chart is for guidance purposes only as some patients may exceed these quantities for continence appliances.
In cases of uncertainty please contact the Continence Advisory Service or the District Nursing team for clarification.

Average ANNUAL prescribing quantity

<table>
<thead>
<tr>
<th>Product</th>
<th>Single unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Long term catheters; (Covidien Dover / Rusch Sympacath aquaflate) + Instillagel, (11mls male/6mls female).</td>
<td>8+8</td>
</tr>
<tr>
<td>Catheter fixation strap (Simpla G Strap)</td>
<td>15</td>
</tr>
<tr>
<td>Drainage bag sleeves (Aquasleeve/Urissleeve) (to be ordered in preference to leg straps)</td>
<td>20</td>
</tr>
</tbody>
</table>

Average 4 WEEKLY prescribing quantities

<table>
<thead>
<tr>
<th>Product</th>
<th>Single unit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Short term catheters; (Rusch Aquaflate) + Instillagel, (11mls male/6mls female).</td>
<td>1+1</td>
</tr>
<tr>
<td>Leg drainage bag (Careline)</td>
<td>4</td>
</tr>
<tr>
<td>Sterile 2 litre non drainage bag (Careline E4 Sterile)</td>
<td>4</td>
</tr>
<tr>
<td>Non sterile 2 litre single use drainage bag (Uno-medical Easi MT2)</td>
<td>28</td>
</tr>
<tr>
<td>Belly bag (Rusch B1000P)</td>
<td>1</td>
</tr>
<tr>
<td>Catheter values (Bard Flip-flo)</td>
<td>4</td>
</tr>
<tr>
<td>Intermittent catheters (Coloplast Easicath/ Wellspect Lofric)</td>
<td>84</td>
</tr>
<tr>
<td>Sheaths (P Sure/ Clear advantage/ Conveen Optima)</td>
<td>28</td>
</tr>
</tbody>
</table>
Any queries please contact –
Nottinghamshire Healthcare Continence Prescribing Service
0115 883 5145

**Countywide Continence Formulary Group Members**

Anne Allison Continence Advisor Nottingham CityCare Partnership
Tracey Fowler Continence Advisor Nottingham CityCare Partnership
Julie Codling Continence Advisor Nottinghamshire Healthcare Foundation Trust
Cheryl Gresham Senior Pharmacist Nottingham City CCG
Sarah Watson Community Nurse Nottingham CityCare Partnership
Fiona Branton Service Head Infection Control Nottingham CityCare Partnership
Amy Cartwright Clinical Procurement Specialist Nottingham University Hospitals Trust
Chris Bumstead Urology Outreach Nurse Sherwood Forest Hospital
Debbie Clifford Urology Outreach Nurse Sherwood Forest Hospital
Christine Wilkinson-Cook Clinical Lead Specialist Continence Service, Nottinghamshire Healthcare Foundation Trust
Jayne Daniel Urology Nurse Advisor Nottinghamshire Healthcare Foundation Trust
Kathy Humberstone Continence Nurse Advisor Nottinghamshire Healthcare Foundation Trust
Shailesh Panchmatia Senior Pharmacist Nottingham CityCare Partnership
Rebekah Shaw Infection Prevention and Control Nurse Nottingham CityCare Partnership
Fay Spencer Infection Prevention and Control Nurse Nottingham University Hospitals Trust
David Newton Procurement Matron Nottingham University Hospitals Trust
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Produced with the collaboration of
  Nottingham CityCare Partnership
  Nottingham City CCG
  Nottinghamshire Healthcare Foundation Trust
  Mansfield and Ashfield CCG
  Nottingham University Hospitals Trust
  Sherwood Forest Hospitals Foundation Trust
  Nottingham University Hospitals