



# Nottingham & Nottinghamshire Continence Appliance Formulary

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## Guidance on use of products within The Continence Formulary for Primary Care

- Products are available on prescription. However, if a product becomes unavailable, please contact your local Specialist Continence Service.
- After clinical assessment if the products on the Continence Formulary do not meet the needs of the patient, please contact your local Specialist Continence Service.
- For patients 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 your local Specialist Continence 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.
- Each section of the Continence Formulary will be reviewed by the Countywide Continence Formulary Group after three years unless significant circumstances arise that require immediate action. See individual sections for review dates.

# Catheters & Accessories

## Intermittent Urinary Catheters

Last reviewed: February 2025 (minor review Mar26)

Click [here](#) for guidance and information

Next review: February 2028

<b>First Choice, most cost effective &amp; suitable for Aseptic Non Touch Technique (ANTT):</b>					
	Male		Female		Cost and information (DT Mar26)
<b>LentisCath Hydrophilic Catheter</b> Pack of 30 <b>Suitable for aseptic technique</b>	8ch	101400	N/A	N/A	Pack of 30 £35.70 (£1.19 each). Paediatric and Tiemann Tip also available.
	10ch	101401	10ch	101407	
	12ch	101402	12ch	101408	
	14ch	101403	14ch	101409	
	16ch	101404	16ch	101410	
	18ch	101405	18ch	101411	
<b>BD Ready-To-Use Hydrophilic Catheter</b> Pack of 30 <b>Suitable for aseptic technique</b>	N/A	N/A	10ch	RTU10F	Pack of 30 £39.47 (£1.32 each). Paediatric and Male Coude Tip also available.
	12ch	RTU12M	12ch	RTU12F	
	14ch	RTU14M	14ch	RTU14F	
	16ch	RTU16M	N/A	N/A	
<b>SensaCath Hydrophilic Intermittent Catheter</b> Pack of 30 <b>Suitable for aseptic technique</b>	N/A	N/A	10ch	PSCF10	Pack of 30 £39.39 (£1.31 each). Tiemann Tip (£1.36) and Flexible tip (£1.58) also available.
	12ch	PSCM12	12ch	PSCF12	
	14ch	PSCM14	14ch	PSCF14	
	16ch	PSCM16	16ch	PSCF16	
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>					
	Male		Female		Cost and information
<b>Speedicath</b> Pack of 30 <b>Suitable for aseptic technique</b>	8ch	28408	6ch	28506	Pack of 30 £49.56 (£1.65 each). Paediatric, 30cm and Tiemann Tip also available
	10ch	28410	8ch	28508	
	12ch	28412	10ch	28510	
	14ch	28414	12ch	28512	
	16ch	28416	14ch	28514	
	18ch	28418	16ch	28516	

See overleaf for Intermittent Urinary Catheters – pre-lubricated 3<sup>rd</sup> line options.

**INTERMITTENT URINARY CATHETERS - Pre-lubricated continued**

The following may be prescribed on the recommendation of a continence advisor, or urology, where none of the first and second line formulary options are suitable.

	Male		Female		Cost and information (DT Mar26)
<b>Curan Lady</b> Pack of 30	N/A	N/A	8-14ch	CL08-CL14	£46.77 (£1.56 each). Compact catheter.
<b>Actreen Mini</b> Pack of 30	N/A	N/A	8-16ch	228008E-228016E	£50.35 (£1.668each).
<b>Hollister Infyna Hydrophilic</b> Pack of 30	N/A	N/A	8-14ch	88081-88141	£50.70 (£1.69 each). Female 17cm.
<b>SpeediCath Compact</b> Pack of 30	N/A	N/A	6-14ch	28576-28584	£51.32 (£1.71 each). Compact catheter.
<b>LoFric Elle</b> Pack of 30	N/A	N/A	10-14ch	4181025-4181425	£52.85 (£1.76 each). Compact catheter with handle.
<b>SpeediCath Compact PLUS</b> Pack of 30	N/A	N/A	10-14ch	28810-28814	£53.17 (£1.77 each). Compact catheter. Slightly longer than Speedicath compact.
<b>Hollister Infyna Chic</b> Pack of 30	N/A	N/A	8-14ch	7008-7014	£53.53 (£1.78 each). Compact catheter.
<b>Liquick X-treme</b> Pack of 30	10-16ch	851842-000100-000160	10-14ch	851822-000100-000140	£53.58 (£1.78 each). Male 40cm / Female 20cm, both with sleeve.
<b>GC Air Female V2.0</b> Pack of 30	N/A	N/A	10-14ch	510600-510602	£55.12 (£1.84 each). Compact catheter.
<b>SpeediCath Compact EVE</b> Pack of 30	N/A	N/A	10-14ch	28110-28114	£55.95 (£1.87 each). Compact catheter.
<b>Hollister VaPro Pocket</b> Pack of 30	10-16ch	70104-70164	10-14ch	70102-70142	Male £56.79 (£1.89 each). Pack of 30 Female £58.21 (£1.94 each). Compact catheter.
<b>iQ Cath Hydrophilic ready for use with sleeve</b> Pack of 30	10-18ch	IQ4304.10- IQ4304.18	N/A	N/A	£56.71 (£1.87 each). Paediatric also available.
<b>iQ Cath Gel+</b> Pack of 30	10-18ch	IQ3204.10- IQ3204.18	N/A	N/A	£57.07 (£1.90 each).
<b>Hollister VaPro</b> Pack of 30	8-16ch	72084-72164	8-14ch	72082-72142	£57.41 (£1.91 each). Male 40cm / Female 20cm. Tiemann Tip (£1.94) also available.
<b>SpeediCath FLEX POCKET</b> Pack of 30	12-14ch	28910-28914	N/A	N/A	£59.61 (£1.99 each). Compact catheter.
<b>SpeediCath FLEX</b> Pack of 30	10-16ch	28920-28924, 28916	N/A	N/A	£59.48 (£1.98 each). Compact catheter.
<b>SpeediCath Compact Male 12-18 (one size)</b> Pack of 30	one size	28692	N/A	N/A	£59.97 (£2.00 each). Compact catheter. One size.

See overleaf for Intermittent Urinary Catheters – with sachet...

<b>Intermittent Urinary Catheters - with sachet</b> (Costs and codes reviewed and updated Feb25)					
<b>First Choice, most cost effective &amp; suitable for ANTT:</b>					
	<b>Male</b>		<b>Female</b>		<b>Cost and information</b>
<b>SpiritCare Hydrophilic Intermittent Catheter with water sachet</b> Pack of 30 <i>Suitable for aseptic technique</i>	8ch	SH-CC023	8ch	SH-CC029	<b>£33.00 (£1.10 each).</b>
	10ch	SH-CC024	10ch	SH-CC030	
	12ch	SH-CC025	12ch	SH-CC031	
	14ch	SH-CC026	14ch	SH-CC032	
	16ch	SH-CC027	16ch	SH-CC033	
	18ch	SH-CC028	N/A	N/A	
<b>SensaCath Aqua Hydrophilic Intermittent Catheter with water sachet</b> Pack of 30 <i>Suitable for aseptic technique</i>	10ch	AQUAS10	10ch	AQUAF10	<b>£33.47 (£1.12 each).</b> Tiemann Tip also available (AQUAT10-AQUAT18).
	12ch	AQUAS12	12ch	AQUAF12	
	14ch	AQUAS14	14ch	AQUAF14	
	16ch	AQUAS16	16ch	AQUAF16	
	18ch	AQUAS18	N/A	N/A	
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>					
	<b>Male</b>		<b>Female</b>		<b>Cost and information</b>
<b>Peak Medical Ltd UltraSmooth Aqua hydrophilic catheter with water sachet</b> Pack of 30 <i>Suitable for aseptic technique</i>	8ch	USA4208	8ch	USA1408	<b>£39.00 (£1.30 each).</b> Paediatric and Tiemann Tip (£1.47 each) also available (USAT4210-USAT4216).
	10ch	USA4210	10ch	USA1410	
	12ch	USA4212	12ch	USA1412	
	14ch	USA4214	14ch	USA1414	
	16ch	USA4216	16ch	USA1416	
	18ch	USA4218	18ch	USA1418	
<b>GentleCath Glide Hydrophilic Catheter with water sachet</b> Pack of 30 <i>Suitable for aseptic technique</i>	8ch	421564	8ch	421570	<b>£39.23 - £39.64 (£1.30-£1.32 each).</b> Tiemann Tip also available (£1.30 each) 8-18ch 421907-421912
	10ch	421565	10ch	421571	
	12ch	421566	12ch	421572	
	14ch	421567	14ch	421573	
	16ch	421568	16ch	421574	
	18ch	421569	N/A	N/A	
<b>INTERMITTENT URINARY CATHETERS - with sachet continued</b>					
<b>The catheters below may be prescribed only when first and second choice catheters are not suitable AND only if recommended by a urology or continence specialist:</b>					
	<b>Male</b>		<b>Female</b>		<b>Cost and information</b>
<b>WyCath H2O hydrophilic catheter with water sachet</b> Pack of 30	10-16ch	W2M10-W2M16	8-12ch	W2F08-W2F12	<b>£43.30 (£1.44 each)</b> Paediatric 30cm also available.
<b>WyCath H2O hydrophilic catheter with water sachet (Soft Tip)</b> Pack of 30	10-18ch	W2SM10-W2SM18	8-14ch	W2SF08-W2SF14	<b>£47.38 (£1.58 each)</b> Paediatric 30cm (£1.58), Tapered tip (£1.52) and Tiemann Tip (£1.46) also available
<b>HydroSil Rose</b> Pack of 30	N/A	N/A	10-18ch	71410-71418	<b>£51.17 (£1.71 each)</b>

## NON-LUBRICATED Intermittent Urinary Catheters

Last reviewed: Aug 2023

Next review: Dec 2026

<b>NON LUBRICATED Intermittent Urinary Catheters</b>					
<b>First Choice:</b>					
	<b>Male</b>		<b>Female</b>		<b>Cost and information</b>
<b>Pennine</b>	10ch	N/A	10ch	FC-1410	Pack of 10 Female £4.00 (£0.40 each). Pack of 10 Male £4.39 (£0.44 each). Paediatric also available.
	12ch	NC-1212/FP	12ch	FC-1412	
	14ch	NC-1214/FP	14ch	FC-1414	
	16ch	NC-1216/FP	16ch	N/A	
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>					
	<b>Male</b>		<b>Female</b>		<b>Cost and information</b>
<b>Smooth Nelaton</b>	8ch	SNM08	8ch	SNF08	Pack of 30 £36.36 (£1.21 each). Paediatric also available.
	10ch	SNM10	10ch	SNF10	
	12ch	SNM12	12ch	SNF12	
	14ch	SNM14	14ch	SNF14	
<b>Self-Cath</b>	8ch	408	8ch	N/A	Pack of 30 £37.01 (£1.23 each). Paediatric, Taper Tip (£1.76 each) and Olive Tip (1.76 each) also available
	10ch	410	10ch	210	
	12ch	412	12ch	212	
	14ch	414	14ch	214	
	16ch	416	16ch	N/A	
<b>The following may be prescribed on the recommendation of a continence advisor, or urology, where none of the above formulary options are suitable.</b>					
	<b>Male</b>		<b>Female</b>		<b>Cost and information</b>
<b>WyCath Uncoated catheter with soft tip</b>	10-16ch	USM10-USM16	8-12ch	USF08-USF12	Pack of 30 £44.10 (£1.47 each). Paediatric also available.
<b>WyCath Uncoated catheter with tapered tip</b>	10-18ch	UTAM10-UTAM16	8-14ch	UTAF08-UTAF12	Pack of 30 £42.58 (£1.42 each). Paediatric also available

## Intermittent Urinary CATHETER SETS – Pre-lubricated

Last reviewed: Aug 2023

Next review: Dec 2026

<b>Intermittent Urinary Catheter Sets PRE-LUBRICATED</b>					
<p><b>First Choice, most cost effective &amp; suitable for ANTT is the patients usual intermittent catheter used with disposable night drainage bag (see first line <a href="#">Intermittent Urinary Catheters</a> and <a href="#">Larger Volume Drainage Bags</a>).</b> This option may not be suitable for all, especially if there were dexterity issues, therefore an intermittent catheter set may need to be prescribed if the first line option is unmanageable for the patient.</p>					
<p><b>If first choice products unavailable or unsuitable the following can be prescribed:</b></p>					
	Male		Female		Cost and information
<b>LoFric Hydro-Kit</b>	8ch	42008253	8ch	42308253	Pack of 30 Female length £62.15 (£2.07 each), Male length £60.28 (£2.01 each). Paediatric and Tiemann Tip also available. <b>Only suitable if good dexterity or carer support.</b>
	10ch	42010253	10ch	42310253	
	12ch	42012253	12ch	42312253	
	14ch	42014253	14ch	42314253	
	16ch	42016253	16ch	42316253	
	18ch	42018253	18ch	42318253	
<b>B. Braun Medical Actreen Glys Set</b>	8ch	226208E	8ch	226308E	Pack of 30 £70.17 (£2.34 each). Tiemann Tip also available
	10ch	226210E	10ch	226310E	
	12ch	226212E	12ch	226312E	
	14ch	226214E	14ch	226314E	
	16ch	226216E	16ch	226316E	
	18ch	226218E	N/A	N/A	
<p><b>The following may be prescribed on the recommendation of the bowel and bladder service, or urology, where none of the above formulary options are suitable.</b></p>					
	Male		Female		Cost and information
<b>SpeediCath Compact Set</b>	12/18h	28422	10-14ch	28520-28524	Pack of 20 £56.47 (£2.82 each).
<b>SpeediCath Flex Set (Male)</b>	10-16ch	28931-28936	NA	NA	Pack of 30 £96.79 (£3.23 each).
<b>Hollister VaPro Plus Pocket</b>	8-16ch	71084-71164	8-14ch	71082-71142	Pack of 30 £98.36 (£3.28 each).

## Dilatation Catheters

Last reviewed: Aug 2023

Next review: Dec 2026

<b>DILATATION Catheter without drainage eyes: Not indicated for bladder emptying</b>			
<b>First Choice:</b>			
	<b>Size</b>	<b>Code</b>	<b>Cost and information</b>
<b>Vesica Urology Ltd OptiSmooth MD Hydrophilic Meatal Dilator</b>	8ch	OSMDIL08	Pack of 30 £36.00 (£1.20 each). Tapered tip. Anatomically shaped handle with indentations for thumb and fingers.
	10ch	OSMDIL10	
	12ch	OSMDIL12	
	14ch	OSMDIL14	
	16ch	OSMDIL16	
<b>WyMedical Ltd WyCath Hydrophilic Meatal Dilator</b>	8ch	WCM08	Pack of 30 £38.93 (£1.30 each). Tapered Tip also available (£1.36), see drug tariff for codes.
	10ch	WCM10	
	12ch	WCM12	
	14ch	WCM14	
	16ch	WCM16	
<b>Peak Medical Ltd UltraSmooth Hydrophilic Meatal Dilator</b>	12ch	USMDT12	Pack of 30 £40.28 (£1.34 each). Tapered tip.
	14ch	USMDT14	
	16ch	USMDT16	
	18ch	USMDT18	
	<b>Peak Medical Ltd UltraSmooth Meatal Dilator</b>	8ch	
10ch		USMD10	
12ch		USMD12	
14ch		USMD14	
16ch		USMD16	
<b>Hunter Urology Ltd Aloe Meatal Plus</b>	10ch	ALOEMPS10	Pack of 30 £42.78 (£1.43 each).
	12ch	ALOEMPS12	
	14ch	ALOEMPS14	
	16ch	ALOEMPS16	
	18ch	ALOEMPS18	
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>			
	<b>Size</b>	<b>Code</b>	<b>Cost and information</b>
<b>Peak Medical Ltd UltraSmooth Hydrophilic Meatal Dilator</b>	12ch	USMDT12	Pack of 30 £40.28 (£1.34 each). Tapered tip.
	14ch	USMDT14	
	16ch	USMDT16	
	18ch	USMDT18	
	<b>Peak Medical Ltd UltraSmooth Meatal Dilator</b>	8ch	
10ch		USMD10	
12ch		USMD12	
14ch		USMD14	
16ch		USMD16	
<b>Hunter Urology Ltd Aloe Meatal Plus</b>	10ch	ALOEMPS10	Pack of 30 £42.78 (£1.43 each).
	12ch	ALOEMPS12	
	14ch	ALOEMPS14	
	16ch	ALOEMPS16	
	18ch	ALOEMPS18	

## Mitroffanoff Catheters

Last reviewed: Aug 2023

Next review: Dec 2026

<b>MITROFFANOFF Catheters (consider only if standard intermittent catheter is unsuitable)</b>			
<b>First Choice:</b>			
	<b>Size</b>		<b>Cost and information</b>
<b>Peak Medical Ltd UltraSmooth MCath4 with 4 drainage eyes</b>	8ch	USM4008	40cm. Pack of 60 £66.99 (£1.12 each).
	10ch	USM4010	
	12ch	USM4012	
	14ch	USM4014	
	16ch	USM4016	
	18ch	USM4018	
<b>OptiSmooth Mitro with 4 staggered drainage eyes</b>	8ch	OSM4008	40cm. Pack of 60 £76.80 (£1.28 each).
	10ch	OSM4010	
	12ch	OSM4012	
	14ch	OSM4014	
	16ch	OSM4016	
	18ch	OSM4018	
<b>OptiSmooth Mitro with 4 staggered drainage eyes (long)</b>	8ch	OSM5008	50cm. Pack of 60 £76.80 (£1.28 each).
	10ch	OSM5010	
	12ch	OSM5012	
	14ch	OSM5014	
	16ch	OSM5016	
	18ch	OSM5018	
<b>OptiSmooth Mitro XL with 4 extra large heat polished drainage eyes</b>	8ch	N/A	40cm. Pack of 60 £76.80 (£1.28 each).
	10ch	OSMXL4010	
	12ch	OSMXL4012	
	14ch	OSMXL4014	
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>			
			<b>Cost and information</b>
<b>WyCath H2O hydrophilic 4 eyelets catheter with water sachet (Soft Tip)</b>	8ch	N/A	Pack of 30 £45.92 (£1.53 each).
	10ch	W4SM10	
	12ch	W4SM11	
	14ch	W4SM12	
	16ch	W4SM16	

## Indwelling Urinary Catheters

Last reviewed: Mar 2026

Next review: Mar 2029 Click [here](#) for guidance and information

Standard tip, 100% Silicone for Long Term Use							
First Choice, most cost effective:							
<b>Unoquip GmbH All-Silicone Catheter with glycerine filled syringe</b> 10ml Balloon Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic Up to size 24ch available if advised by specialist	<b>Standard</b>		<b>Female</b>		<b>Cost for 1</b>		
	12ch	41151210PS	12ch	41171210PS	£3.99		
	14ch	41151410PS	14ch	41171410PS	£3.99		
	16ch	41151610PS	16ch	41171610PS	£3.99		
	18ch	41151810PS	18ch	41171810PS	£3.99		
<b>SpiritCare All Silicone Foley Catheter</b> 10ml Balloon Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic	<b>Standard</b>		<b>Female</b>		<b>Cost for 1</b>		
	12ch	SH-CC034	12ch	SH-CC038	£4.50		
	14ch	SH-CC035	14ch	SH-CC039	£4.50		
	16ch	SH-CC036	16ch	SH-CC040	£4.50		
	18ch	SH-CC037	18ch	SH-CC041	£4.50		
<b>FlexiCath All Silicone Catheter</b> 10ml Balloon Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic Available up to size 26ch if advised by specialist.	<b>Standard</b>		<b>Female</b>		<b>Cost for 1</b>		
	12ch	01-111210	12ch	01-121210	£5.55		
	14ch	01-111410	14ch	01-121410	£5.55		
	16ch	01-111610	16ch	01-121610	£5.55		
	18ch	01-111810	18ch	NA	£5.55		
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>							
<b>Rüsch Brillant AquaFlate All-Silicone</b> 10ml Balloon Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic Up to size 24ch available if advised by specialist	<b>Standard</b>		<b>Female</b>		<b>Cost for 1</b>		
	12ch	DA310112	12ch	DA210112	£6.25		
	14ch	DA310114	14ch	DA210114	£6.25		
	16ch	DA310116	16ch	DA210116	£6.25		
	18ch	DA310118	18ch	DA210118	£6.25		
<b>LINC All Silicone Catheter with glycerine filled syringe</b> Balloon Size variable. Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic Other balloon sizes / paediatric sizes can be prescribed if advised by specialist.	<b>Standard</b>	<b>Balloon</b>		<b>Female</b>	<b>Balloon</b>		<b>Cost for 1</b>
	12ch	5	08501205G	12ch	5	085012051G	£6.08
	14ch	5	08501405G	14ch	5	085014051G	£6.08
	14ch	10	08501410-OTG	14ch	10	08501410F-OTG	£6.01
	16ch	10	08501610G	16ch	10	085016101G	£6.08
	18ch	10	08501810G	NA	NA	NA	£6.08
<b>Standard tip, Hydrogel Coated for Long Term Use</b>							
First Choice, most cost effective:							
<b>Rusch Sympacath Aquaflate - hydrogel coated latex</b> 10ml balloon Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic Available up to size 24ch if advised by specialist	<b>Standard</b>		<b>Female</b>		<b>Cost for 1</b>		
	12ch	DH310112	12ch	DH210112	£6.75		
	14ch	DH310114	14ch	DH210114	£6.75		
	16ch	DH310116	16ch	DH210116	£6.75		
	18ch	DH310118	18ch	DH210118	£6.75		
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>							
<b>Bard Biocath Aquamatic - hydrogel coated latex</b> 10ml balloon (pre-filled with sterile water) Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic Up to size 22ch available if advised by specialist	<b>Standard</b>		<b>Female</b>		<b>Cost for 1</b>		
	12ch	D226412	12ch	D226812	£9.67 / £9.72		
	14ch	D226414	14ch	D226814	£9.67 / £9.72		
	16ch	D226416	16ch	D226816	£9.67 / £9.72		
	18ch	D226418	18ch	D226818	£9.67 / £9.72		
<b>If first and second choice products unsuitable, or the patient has severe latex allergy, the following can be prescribed:</b>							
<b>Bard Lubri-Sil Aquafil - Hydrogel Coated Silicone</b> 10ml balloon Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic Standard / male length available up to size 22ch if advised by specialist	<b>Standard</b>		<b>Female</b>		<b>Cost for 1</b>		
	12ch	D175812E	12ch	D176112E	£10.80		
	14ch	D175814E	14ch	D176114E	£10.80		
	16ch	D175816E	16ch	D176116E	£10.80		
	18ch	D175818E	NA	NA	£10.80		

<b>OPEN tip, 100% Silicone for Long Term Use</b>							
<b>First Choice, most cost effective:</b>							
<b>Proslys All-Silicone Foley Catheter</b> 10ml Balloon <b>Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic</b>	Standard			Female		Cost for 1	
	12ch	PCF12M10E		NA	NA	£6.02	
	14ch	PCF14M10E		NA	NA	£6.02	
	16ch	PCF16M10E		NA	NA	£6.02	
18ch	PCF18M10E		NA	NA	£6.02		
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>							
<b>LINC All Silicone Catheter with glycerine filled syringe</b> Balloon Size variable. <b>Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic</b> Other ch / paediatric sizes can be prescribed following specialist advice.	Standard	Balloon		Female	Balloon		Cost for 1
	12ch	5	08451205G	12ch	5	08471205G	£11.36
	14ch	5	08451405G	14ch	5	08471405G	£11.36
	16ch	10	08451610G	14ch	10	08471610G	£11.36
	18ch	10	08451810G	18ch	10	08471810G	£11.36

The catheters below may be prescribed only when recommended by a urology or continence specialist.

<b>OPTITIP tip, 100% Silicone for Long Term Use</b>							
<b>LINC OptiTip All Silicone Open Tip Catheter with UniBal</b> integral balloon and extra drainage hole beneath the balloon, with 5% glycerine in sterile water filled syringe for balloon inflation <b>Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic</b> Paediatric sizes may also be prescribed.	Standard	Balloon		Female	Balloon		Cost for 1
	12ch	5	1007UB12OT	12ch	5	1007UBF12OT	£11.36
	14ch	5	1007UB14OT	14ch	5	1007UBF14OT	£11.36
	16ch	5-10	1007UB16OT	16ch	5-10	1007UBF16OT	£11.36
	18ch	5-10	1007UB18OT	18ch	5-10	1007UBF18OT	£11.36

<b>TIEMANN tip, 100% Silicone for Long Term Use</b>							
<b>Unoquip All Silicone Foley Catheter with 10% glycerine filled syringe</b> 10ml Balloon <b>Order anaesthetic gel: 11mls Male</b> Up to size 24ch available if advised by specialist	Standard			Female		Cost for 1	
	12ch	41161210PS		NA	NA	£7.95	
	14ch	41161410PS		NA	NA	£7.95	
	16ch	41161610PS		NA	NA	£7.95	
	18ch	41161810PS		NA	NA	£7.95	
<b>Rüsch Brillant Plus AquaFlate All-Silicone with glycerine filled syringe</b> 10ml Balloon <b>Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic</b> Up to size 22ch available if advised by specialist	Standard			Female		Cost for 1	
	12ch	850084-000120		NA	NA	£8.90	
	14ch	850084-000140		NA	NA	£8.90	
	16ch	850084-000160		NA	NA	£8.90	
	18ch	850084-000180		NA	NA	£8.90	

<b>Standard tip, Hydrogel and Silver Alloy Coated Latex: SHORT TERM USE: Recommended indwelling time not to exceed 28 days</b>							
<b>Bard Bardex I.C. with silver alloy coating and a pre-filled syringe of sterile water</b> 10ml Balloon <b>Order anaesthetic gel: 11mls Male / 6mls Female / 6mls suprapubic</b> Standard / male length available up to size 22ch	Standard			Female		Cost for 1	
	12ch	D236512S		12ch	D236912S	£10.98	
	14ch	D236514S		14ch	D236914S	£10.98	
	16ch	D236516S		16ch	D236916S	£10.98	
	18ch	D236518S		18ch	D236918S	£10.98	

## Catheterisation Gels

Last reviewed: April 2023

Click [here](#) for guidance and information

Next review: April 2026

Product	Order No.	Size	Cost per syringe	Comments / Info
<b>First Choice</b>				
<b>OptiLube Active Sterile Lubricating Jelly</b> Caution - there are several Optilube products, take care to pick the correct one	1160	6ml syringe	£1.06	Each 100g OptiLube Active contains: Chlorhexidine Gluconate (CHG) 0.05g Lidocaine hydrochloride 2.0g
	1161	11ml syringe	£1.11	
<b>Hydro-Caine Gel</b>	HYD-006	6ml syringe	£1.15	Each 100 gram Hydro-Caine gel contains: Chlorhexidine Gluconate (CHG) 0.05g Lidocaine hydrochloride 2.0g
	HYD-011	11ml syringe	£1.20	
<b>Instillagel</b> Classified as a medicine, not an appliance, it can therefore only be dispensed by a pharmacy (and not a dispensing appliance contractor - DAC)	N/A	6ml syringe	£1.05	Each 100g Instillagel contains: Chlorhexidine Gluconate (CHG) 0.05g Lidocaine hydrochloride 2.0g
	N/A	11ml syringe	£1.10	
<b>If patient has a sensitivity to first choice products, the following can be prescribed:</b>				
<b>OptiLube Active CHG Free</b> Caution - there are several Optilube products, take care to pick the correct one	1167	6ml syringe	£1.06	Each 100g OptiLube Active CHG Free contains: Lidocaine hydrochloride 2.0g Ideally suited to patients with a contraindication or sensitivity to CHG.
	1168	11ml syringe	£1.11	
<b>OptiLube Sterile Lubricating Jelly</b> Caution - there are several Optilube products, take care to pick the correct one	1125	6ml syringe	£0.96	Contains <b>no active ingredient</b> . Ideally suited to patients with contraindications or sensitivities to lidocaine and/or CHG
	1126	11ml syringe	£1.01	

## Catheter Retaining Straps and Adhesive Catheter Fixation Devices

Last reviewed: Mar 2026

Click [here](#) for guidance and information

Next review: Mar 2029

Product	Product Code	Cost and information
<b>A Catheter Fixing STRAP should be considered initially. Patients should be advised not to discard the straps, they should be washed and reused.</b>		
<b>First Choice Catheter Fixing STRAP</b>		
CliniSure Catheter Retaining Strap (CliniMed Ltd)	Adult (60cm)	CSRS60 Pack of 5 £12.79 (£2.56 each)
CliniSure Catheter Retaining Strap (CliniMed Ltd)	Long (100cm)	CSRS100 Pack of 5 £14.33 (£2.87 each)
Prosys Catheter Retaining Strap (CliniSupplies Ltd)	Short (40cm)	PCS40 Pack of 5 £13.03 (£2.61 each)
Prosys Catheter Retaining Strap (CliniSupplies Ltd)	Adult (50cm)	PCS50 Pack of 5 £13.25 (£2.65 each)
Prosys Catheter Retaining Strap (CliniSupplies Ltd)	Abdominal (85cm)	PCS85 Pack of 5 £14.62 (£2.92 each)
<b>If first choice unsuitable the following Catheter Fixing STRAP can be prescribed:</b>		
FIX Strip catheter retaining strap (LINC Medical Systems Ltd)	100cm	FIX STRIP Pack of 4 straps and 1 pair of scissors £10.86 (£2.72 per strap)
<b>Adhesive catheter fixing devices: Only when straps are not suitable / tolerated by the patient should adhesive devices be considered. Adhesive devices are less cost effective and adhesive may result in skin irritation or soreness.</b>		
<b>First Choice Adhesive Catheter Fixing device:</b>		
Ugo fix gentle	3004	Can be repositioned and worn for up to 7 days. Pack of 5 £13.60 (£2.72 each)
The following may be used on the recommendation of a continence specialist where none of the above formulary options are suitable.		
MultiFix Gentle (Small)	3031	Can be repositioned and worn for up to 7 days. Features an adhesive tubing securement tab to hold the catheter in place. Pack of 10 £24.96 (£2.50 each)
MultiFix Gentle (Large)	3030	Can be repositioned and worn for up to 7 days. Features an adhesive tubing securement tab to hold the catheter in place. Pack of 10 £25.51 (£2.55 each)
StatLock Foley Catheter Stabilisation Device	FOL0102DT	Cannot be repositioned once applied, remains in place for up to 7 days. Adhesive remover may be required to remove safely. Pack of 5 £14.41 (£2.88 each).
Prices correct as of March 2026 Drug Tariff.		

## Drainage Leg Bag Straps

Last reviewed: Mar 2026

Next review: Mar 2029

Product	Product Code	Cost and information
<b>Patients should be advised not to discard the straps, they should be washed and reused.</b>		
<b>First Choice</b>		
CliniSure leg bag straps (CliniMed Ltd)	CS5S	Pack of 5 pairs £10.36, £2.07 per pair. Most cost effective.
Flexicare Medical Leg bag straps	00-0032C	Pack of 5 pairs £12.07, £2.41 per pair
<b>If first choice products unavailable or unsuitable the following can be prescribed:</b>		
CliniSupplies Leg bag straps	P10LS	Pack of 5 pairs £13.91, £2.78 per pair
<b>Prices correct as of March 2026 Drug Tariff.</b>		

## Drainage Leg Bag Sleeves

Last reviewed: Mar 2026

Click [here](#) for guidance and information

Next review: Mar 2029

Product	Size	Product Code	Cost and information
<b>Only when leg bag straps are not suitable / tolerated by the patient should sleeves be considered. Patients should be advised not to discard the sleeves, they should be washed and reused.</b>			
<b>First Choice (Pocket style)</b>			
Ugo fix Sleeve Leg Bag Holder (Optimum Medical)	Small (24-39cm)	3005	Pack of 4 £8.02 (£2.00 each)
	Medium (36-55cm)	3006	
	Large (40-70cm)	3007	
	Extra Large (65-90cm)	3008	Pack of 4 £8.93 (£2.23 each)
	Extra Extra Large (75-105cm)	3027	
LINC Medical Leg Bag Sleeve	Small (24-39cm)	ME350-750S S	Pack of 4 £8.07 (£2.02 each)
	Medium (36-55cm)	ME350-750S M	
	Large (40-70cm)	ME350-750S L	
	X Large (65-95cm)	ME350-750S XL	Pack of 4 £8.07 (£2.02 each), Most cost effective.
	XX Large (75-105cm)	ME350-750S XXL	
<b>If first choice unsuitable the Aquasleeve can be prescribed, this differs in style and requires the user to fold the sleeve up over the drainage bag:</b>			
Aquasleeve (Coloplast Ltd)	Small (leg circum. 24-33cm)	783678	Pack of 4 £9.33 (£2.33 each)
	Standard (leg circum. 34-39cm)	783680	
	Medium (leg circum. 40-46cm)	783686	
	Large (leg circum. 47-64cm)	783694	Pack of 4 £9.13 (£2.28 each).
	Extra Large (leg circum. 65cm+)	783708	
<b>Prices correct as of March 2026 Drug Tariff.</b>			

## Leg Bags

Last reviewed: March 2026

Click [here](#) for guidance and information

Next review: March 2029

Product	Product Code	Cost (DT Mar26) and information
<b>First Choice if gloves required.</b>		
LINC-Flo 500ml 10cm inlet tube, Lever Tap (LINC Medical)	Short tube (10cm) Lever tap	LM500MD-L
LINC-Flo 500ml 30cm inlet tube, Lever Tap (LINC Medical)	Long tube (30cm) Lever tap	LM500LD-L
LINC-Flo 750ml 10cm inlet tube, T-tap (LINC Medical)	Short tube (10cm) Slide tap	LM750MD-T
LINC-Flo 750ml 30cm inlet tube, T-tap (LINC Medical)	Long tube (30cm) Slide tap	LM750LD-T
Spirit Leg Bag 500ml 10cm inlet tube, Lever Tap (Bard Ltd)	Short tube Lever tap	DSL500S
Spirit Leg Bag 500ml 30cm inlet tube, Lever Tap (Bard Ltd)	Long tube Lever tap	DSL500L
Spirit Leg Bag 750ml 10cm inlet tube, Lever Tap (Bard Ltd)	Short tube Lever tap	DSL750S
Spirit Leg Bag 750ml 30cm inlet tube, Lever Tap (Bard Ltd)	Long tube Lever tap	DSL750L
<b>First Choice if gloves not required: for patients providing their own catheter care and sheath use only.</b>		
SpiritCare Leg Bag 500ml 10cm inlet tube, Lever Tap (Spirit Healthcare Ltd)	Short tube Lever tap	SH-CC044
SpiritCare Leg Bag 500ml 30cm inlet tube, Lever Tap (Spirit Healthcare Ltd)	Long tube Lever tap	SH-CC045
SpiritCare Leg Bag 750ml 10cm inlet tube, Lever Tap (Spirit Healthcare Ltd)	Short tube Lever tap	SH-CC046
SpiritCare Leg Bag 750ml 10cm inlet tube, Lever Tap (Spirit Healthcare Ltd)	Long tube Lever tap	SH-CC047
CliniSure 500ml (CliniMed Ltd)	Short tube Lever tap	CSL500ST
CliniSure 500ml (CliniMed Ltd)	Long tube Lever tap	CSL500LT
Rusch Leg bag 500ml (Teleflex)	Short tube (10cm) Lever tap	850363-000500
Rusch Leg bag 500ml (Teleflex)	Long tube (30cm) Lever tap	850364-000500
Rusch Leg bag 750ml (Teleflex)	Short tube (10cm) Lever tap	850363-000750
Rusch Leg bag 750ml (Teleflex)	Long tube (30cm) Lever tap	850364-000750
<b>If First Choice products unsuitable &amp; gloves required; less cost effective than first line choices.</b>		
Ugopro 1C 500ml, short tube, Lever Tap (Optimum Medical)	Short tube Lever tap	3410
Ugopro 2C 500ml, long tube, Lever Tap (Optimum Medical)	Long tube Lever tap	3411
<b>If First Choice products unsuitable &amp; gloves not required: less cost effective than first line choices: for patients providing their own catheter care and sheath use only.</b>		
Ugo 1C 500ml, short tube, Lever Tap (Optimum Medical)	Short tube Lever tap	1C/500/ST/L
Ugo 2C 500ml, long tube, Lever Tap (Optimum Medical)	Long tube Lever tap	2C/500/LT/L
Ugo 7C 750ml, short tube, Lever Tap (Optimum Medical)	Short tube Lever tap	7C/750/ST/L
Ugo 8C 750ml, long tube, Lever Tap (Optimum Medical)	Long tube Lever tap	8C/750/LT/L
Libra leg bag 500ml 45cm adjustable tube (Great Bear)	Adjustable tube Lever tap	10105F
Libra leg bag 750ml 45cm adjustable tube (Great Bear)	Adjustable tube Lever tap	10110L
Libra leg bag 1000ml long tube (Great Bear)	Adjustable tube Lever tap	10120W
Libra leg bag 1000ml 45cm adjustable tube (Great Bear)	Adjustable tube Lever tap	10122Y

## Belly Bags (alternative to leg bag)

Last reviewed: Mar 2026

Click [here](#) for guidance and information

Next review: Mar 2029

Product	Product Code	Cost and information
Belly bag (Rusch) with sample port Capacity up to 1 litre.	B1000P	£11.60 each. Cannot be connected to night drainage Remains in situ for up to 28 days (not appropriate for patients who require frequent disconnection). For female patients using a belly bag, standard length catheters must be used.

## Catheter Valves

Last reviewed: Mar 2026

Click [here](#) for guidance and information

Next review: Mar 2029

Product	Product Code	Information & Comments:
<b>First Choice</b>		
<b>Care-Flo Catheter Valve (LINC Medical)</b> Box of 5 <b>166p per valve</b>	CF1	Care-flo Valves should be considered first line as are the most cost effective and evaluated well.
<b>Prosys Catheter Valve (CliniSupplies)</b> Box of 5 <b>208p per valve</b>	PCV3942	Larger tap, may be easier for patients with poor dexterity if unable to manage Care-Flo.
<b>If First Choice products unsuitable:</b>		
<b>E-Z Flow Catheter Valve (Flexicare Medical )</b> Box of 5 <b>220p per valve</b>	00-0060	
<b>Ugo Catheter Valve (Optimum Medical)</b> Box of 5 <b>235p per valve</b>	3000	
<b>Prices correct as of March 2026 Drug Tariff.</b>		

## Larger Volume Drainage Bags

Last reviewed: Mar 2026

Click [here](#) for guidance and information

Next review: Mar 2029

	Product	Product Code	Cost (DTMar26) and information	
<b>DRAINAGE BAGS 2 - 3 LITRE SINGLE USE - for patient in own homes and Care Homes</b>	<b>First Choice, 2 Litre</b>			
	SpiritCare 2 litre drainage bag with T-valve (Spirit Healthcare Ltd)	2 litre, Slide / T-tap	Use once and discard SH-CC022	Pack of 10, 27p per bag
	CliniSure non-sterile (CliniMed Ltd)	2 litre, Slide / T-tap	Use once and discard CSSU2L	Pack of 10, 31p per bag
	Spirit One MT 2 litre bag with drainage tap (Bard Ltd)	2 litre, Slide / T-tap	Use once and discard DSP1MT30	<b>Pack of 30</b> , 32p per bag
	Ugo 10 (non sterile) (Optimum Medical)	2 litre, Slide / T-tap	Use once and discard 10/NS/SU/DO	Pack of 10, 33p per bag
	Proslys non sterile (Clinisupplies)	2 litre, Slide / T-tap	Use once and discard PSU2	Pack of 10, 33p per bag
	<b>First Choice, 3 Litre</b>			
	LINC-Flo sterile (LINC Medical)	3 litre, Slide / T-tap	Use once and discard LM3LS-T	3 Litre, larger capacity. <b>Pack of 30</b> , 54p per bag
	<b>If First Choice products unsuitable: 3 Litre (less cost effective than first line choices)</b>			
	Ugo 14 (Optimum Medical)	3 litre, Slide / T-tap	Use once and discard 14/NS/SU/DO	3 Litre, larger capacity. 120cm inlet tubing. Pack of 10, 62p per bag
GB5 (Great Bear)	3 litre, Slide / T-tap	Use once and discard 10330Y	3 Litre, larger capacity. Pack of 10, 65p per bag	
<b>DRAINAGE BAGS 2 - 3 LITRE - for patient in own home, change weekly</b>	<b>Product</b>	<b>Product Code</b>	<b>Cost (DTMar26) and information</b>	
	<b>First Choice if gloves required.</b>			
	LINC-Flo sterile (LINC medical) Pack of 10 with gloves	120cm tube / 2 litre	Lever tap SLC13-L	Pack of 10 with gloves, 104p per bag
	<b>First Choice if gloves not required: for patients providing own catheter care and sheath users only.</b>			
	CliniSure Sterile (CliniMed Ltd)	2 litre	Lever tap CSL2L	Pack of 10, 93p per bag
	Rusch Night Drainage Bag (Teleflex)	2 litre	Lever tap 850421	Pack of 10, 114p per bag
	<b>If First Choice products unsuitable &amp; gloves required; less cost effective than first line choices.</b>			
	Spirit Bed Bags, 2 litre (Bard Ltd)	120cm tube	Lever tap DSBB2000	Pack of 10 with gloves, 123p per bag
	Proslys sterile, 2 litre (Clinisupplies)	90cm tube	Lever tap P2000-LT	Pack of 10 with gloves, 129p per bag
	<b>If First Choice products unsuitable &amp; gloves not required: less cost effective than first line choices: for patients providing their own catheter care and sheath use only.</b>			
Ugo 12 (2 litre) (Optimum Medical)	90cm tube / 2 litre	Lever tap 12/S/D/L	Pack of 10, 130p per bag	
Ugo 15 (3 litre) (Optimum Medical)	120cm tube / 3 litre	Lever tap 15/S/D/L	3 Litre, larger capacity. Pack of 10, 169p per bag	
GB6 (3 litre) (Great Bear)	120cm tube / 3 litre	Lever tap 10430U	3 Litre, larger capacity. Pack of 10, 191p per bag	

## 4 Week Supply

Last reviewed: Mar 2026

Click [here](#) for guidance and information

Next review: Mar 2029

Product	Product Code	Cost (p)	Cost (DT Mar26) and information
Ugo 4weeks 1C (500ml, short tube, lever tap)	3014	3192	Contain 28 Ugo 10 night drainage bags, 4 Ugo leg bags, 4 Ugo fix leg bag straps, 4 Ugo fix gentle catheter clips and 1 Ugo hanger  Prescribe ONCE if the urinary catheter to remain in place for a short period of time only (ie, trial without catheter planned) as prevents waste (and so more cost effective).
Ugo 4weeks 2C (500ml, long tube, lever tap)	3015	3192	

## Bladder Infusion Kit

Last reviewed: Feb 2025

Click [here](#) for guidance/information and [here](#) for CMS pathway (appendix 1)

Next review: Feb 2028

Product	Code	Cost (DT Feb25)
Bladder Infusion Kit pack of 10 (LINC Medical Systems Ltd)	MCI/701	£21.53 (£2.15 each)

Nottingham & Nottinghamshire Continence Appliance Formulary  
V 10.0 Last reviewed: Mar26. Review date: See individual sections

Accessibility checked. Contains tables which may not be accessible to screen readers

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## Catheter Maintenance Solution (CMS)

Last reviewed: February 2025

Next review: February 2028 Click [here](#) for guidance/information and [here](#) for CMS pathway (appendix 1)

**ONLY IF ALL CONSERVATIVE METHODS HAVE NOT BEEN SUCCESSFUL**

### Products – as per [CMS pathway \(appendix 1\)](#)

Product	Code	Indication	Cost (DT Feb25)
<b>Saline (NaCl 0.9%)</b>			
UroFlush Saline 0.9%	URO50S	No encrustation	50ml = £3.15
Uro-Tainer NaCl 0.9% (Sodium Chloride 0.9%)	FB99849	No encrustation. <b>Use if Uroflush not suitable.</b>	50ml = £3.82
Optiflo S (0.9% saline)	CSS50	For patients unable to use sachet (gravity) administration. <b>Only on advice of bowel and bladder service</b> because of risk of tissue trauma due to a degree of pressure required for use.	50ml = £3.70
<b>Citric acid</b>			
Uro-Tainer Twin Suby G 3.23% Citric Acid 2 x 30mls	9746609	Encrustation confirmed	2x30ml = £5.45
Optiflo G (3.23% citric acid (Suby G))	CSG50	For patients unable to use sachet (gravity) administration. <b>Only on advice of bowel and bladder service</b> because of risk of tissue trauma due to a degree of pressure required for use.	2 x 50ml administration for best results 2 x 50ml = £7.86
Uro-Tainer Twin Solution R 6.0% Citric Acid	9746625	Encrustation confirmed and still blocking with daily Suby G. <b>Only on advice of bowel and bladder service.</b>	2x30ml = £5.45
Optiflo R (6.0% citric acid (Solution R))	CSR50	For patients unable to use sachet (gravity) administration. <b>Only on advice of bowel and bladder service</b> because of risk of tissue trauma due to a degree of pressure required for use.	2 x 50ml administration for best results 2 x 50ml = £7.86
<b>PHMB</b>			
Uro-Tainer PHMB 0.02% Polihexanide	FB99965	No encrustation – Persistent mucous, debris and light haematuria. <b>Only on advice of bowel and bladder service.</b>	100ml = £3.86

## Sheaths / Male External Devices

### Sheaths

Last reviewed: May 2025

Click [here](#) for guidance and information

Next review: May 2028

<p><b>Standard</b> length sheaths have the adhesive positioned centrally. Suitable for men with a longer length of penis.</p> <p><b>Shorter length (Pop on)</b> sheaths have the adhesive positioned towards the tip. Will fit all sizes of penis and are particularly suitable if the penis is retracted.</p> <p><b>Wideband:</b> Standard length sheath with additional adhesive. Provide very secure adhesion for men with a good length of penis who are particularly active or have difficulty in keeping other sheaths in place</p>					
Product (Prices correct as of May 2025 Drug Tariff)	Style	Size	Code	Sustainability Information & Comments: (unless otherwise stated, appliance is a self-adhesive sheath)	
<b>First Choice:</b>					
<b>SpiritCare Incontinence Sheath (Self-adhesive)</b>					
Box of 30.	Standard	24mm	SH-CC007	Clinimed have minimized cardboard usage, eliminated plastic where possible, and ensured all components, including individual sheath packets, the box, instructions, and measuring guide, are recyclable. Additionally, CliniSure sheaths are designed without a plastic protective cap, further reducing plastic use.	
	Standard	28mm	SH-CC008		
<b>140p per sheath.</b>	Standard	31mm	SH-CC009		
	Standard	35mm	SH-CC010		
	Standard	40mm	SH-CC011		
<b>CliniSure Silicone sheath (Self-adhesive)</b>					
Box of 30.	Standard	24mm	CS24S		Clinimed have minimized cardboard usage, eliminated plastic where possible, and ensured all components, including individual sheath packets, the box, instructions, and measuring guide, are recyclable. Additionally, CliniSure sheaths are designed without a plastic protective cap, further reducing plastic use.
	Standard	28mm	CS28S		
<b>144p per sheath.</b>	Standard	31mm	CS31S		
	Standard	35mm	CS35S		
	Standard	40mm	CS40S		
30 hair protectors and measuring guide included in each box	Pop On	24mm	CS24P		
	Pop On	28mm	CS28P		
	Pop On	31mm	CS31P		
Latex Free	Pop On	35mm	CS35P		
	Pop On	40mm	CS40P		
	Wideband	24mm	CS24W		
	Wideband	28mm	CS28W		
	Wideband	31mm	CS31W		
	Wideband	35mm	CS35W		
	Wideband	40mm	CS40W		
<b>IF FIRST CHOICE SHEATHS UNSUITABLE:</b>					
<b>Urimed Vision self-adhesive silicone sheath</b>					
Box of 30.	Type I - Standard	25mm	2962530		
	Type I - Standard	29mm	2962930		
<b>161p per sheath</b>	Type I - Standard	32mm	2963230		
	Type I - Standard	36mm	2963630		
	Type I - Standard	41mm	2964130		
Washable hair protector and measuring guide included in each box	Type II - Specific (Pop On)	25mm	2982530		
	Type II - Specific (Pop On)	29mm	2982930		
	Type II - Specific (Pop On)	32mm	2983230		
Latex Free	Type II - Specific (Pop On)	36mm	2983630		
	Type II - Specific (Pop On)	41mm	2984130		
	Type III - Ultra (Wide Band)	25mm	2972530		
	Type III - Ultra (Wide Band)	29mm	2972930		
	Type III - Ultra (Wide Band)	32mm	2973230		
	Type III - Ultra (Wide Band)	36mm	2973630		
	Type III - Ultra (Wide Band)	41mm	2974130		

Cont...

<b>Prosys Flofit Self Adhesive Silicone Sheath</b>			
Box of 30.	Standard	24mm	PSS24STD/B
	Standard	28mm	PSS28STD/B
<b>165p per sheath</b>	Standard	31mm	PSS31STD/B
	Standard	35mm	PSS35STD/B
30 hair protectors and measuring guide included in each box	Standard	40mm	PSS40STD/B
	Pop On	24mm	PSS24POPON/B
	Pop On	28mm	PSS28POPON/B
	Pop On	31mm	PSS31POPON/B
Latex Free	Pop On	35mm	PSS35POPON/B
	Pop On	40mm	PSS40POPON/B
	Wide Band	24mm	PSS24WIDEBD/B
	Wide Band	28mm	PSS28WIDEBD/B
	Wide Band	31mm	PSS31WIDEBD/B
	Wide Band	35mm	PSS35WIDEBD/B
	Wide Band	40mm	PSS40WIDEBD/B
<b>EXISTING USERS OR IF RECOMMENDED BY CONTINENCE ADVISOR WHEN FIRST LINE SHEATHS UNSUITABLE</b>			
<b>P-SURE Latex Free self-adhesive with Residual Free removal and Anti-Blow-Back system</b>	Box of 30		Some patients find these fiddly to apply
<b>172p per sheath</b>			
<b>b.sure Quickfit shorter length self-adhering non latex urinary sheath with strong adhesive</b>	Box of 30		Some patients find these fiddly to apply
<b>183p per sheath</b>			
<b>Conveen Optima (non-latex) self-sealing Urisheath</b>	Box of 30		May be easier for people with dexterity issues to apply.
<b>189p per sheath</b>			
<b>Non-formulary sheaths may be used in exceptional circumstances where none of the formulary options are suitable. Non-formulary sheaths must be recommended and fitted by a continence advisor and the reason documented in the patient's medical record.</b>			
<b>New patients should be started on a formulary sheath wherever possible. Patients may continue to use their existing non-formulary sheaths if they are happy with them. However, if the patient is willing, please consider trialling a formulary option if there would be an advantage to doing so (either clinically or financially).</b>			

## Body-worn Urinals and Retracted Penis Pouch

Last reviewed: Feb 2024

Click [here](#) for guidance and information

Next review: Feb 2027

First Choice:			
	Size	Code	Cost and information
Afex Active	S, M, L, XL, 2X, 3X	A100-S-08 - A100-3X-08	Kits Contain: Receptacle (high or low), 1 pair briefs, reusable collection bag, cleansing container, cleansing solution and tube assembly (sedentary only). If items are replaced as suggested below, approximate monthly cost as shown.
Afex Core (Supporter)	XS, S, M, L, XL, 2X, 3X	A100XS-5105-C - A1003X-5105-C	
Afex Mobility Assisted	S, M, L, XL, 2X, 3X	A120-S-08 - A120-3X-08	
Afex Sedentary	S, M, L, XL, 2X, 3X	A110-S-08 - A110-3X-08	

Replacements and Lifespan:	Cost (each):	Lifespan (continuous use):	
Low Receptacle	3282	3-4 months	(Sedentary)
Low Supersoft Receptacle	3282	3-4 months	(Mobility Assisted)
High Receptacle	3282	3-4 months	(Active / Core Supporter)
Urine Collection Bags			
250ml	1888	30-40 days	
500ml	1903	30-40 days	(Active / Core Supporter)
500ml (vented)	1903	30-40 days	(Active / Core Supporter)
1200ml	2078	30-40 days	(Mobility Assisted)
1500ml	2078	30-40 days	(Sedentary)
2000ml	2078	30-40 days	
Tube Assembly Complete	1203		(Mobility Assisted)
Tube Stabilizer	437		
Collection Bag Stabilizer (high grip)	437		
Leg Bag Holder	1422	3-4 months	
Afex Noctura Bed Bag Configuration Supplemental Kit	1300		
Afex Noctura Leg Bag Configuration Supplemental Kit	1099		
Core Supporter Brief	964		
Brief	974		

Cont...

If first choice products unsuitable the following can be prescribed:			
	Size	Code	Cost and information
<b>Original acti brief uri-drain system with 10 pouches</b>	Sizes S, M, L, XL		
Flange size	20mm	AB/18/20	Cost for 30 days use (includes additional pouches) £59.64
	25mm	AB/18/25	
	27.5mm	AB/18/27.5	
	30mm	AB/18/30	
	32.5mm	AB/18/32.5	
	35mm	AB/18/35	
	40mm	AB/18/40	
Replacement pouches		SP18	
<b>Uri-Drain System with 10 pouches</b>	Sizes S, M, L, XL		
Flange Size	20mm	LU18/20	Cost for 30 days use (includes additional pouches) £59.64
	25mm	LU18/25	
	27.5mm	LU18/27.5	
	30mm	LU18/30	
	32.5mm	LU18/32.5	
	35mm	LU18/35	
	40mm	LU18/40	
Replacement pouches		SP18	
<b>Acti-Brief Plus Male Urine Collection System with 10 pouches</b>	Sizes S, M, L, XL, XXL		
Flange size	20mm	ABPlus/18/20	Cost for 30 days use (includes additional pouches) £83.74
	25mm	ABPlus/18/25	
	27.5mm	ABPlus/18/27.5	
	30mm	ABPlus/18/30	
	32.5mm	ABPlus/18/32.5	
	35mm	ABPlus/18/35	
	40mm	ABPlus/18/40	
Replacement pouches		SPlus18	
<b>Retracted Penis Pouch with Flexend Skin Barrier</b>	Pack of 10		9873 Cost for 30 days use (3 boxes) £94.68
<b>Retracted Penis Pouch</b>	Pack of 10		9811 Cost for 30 days use (3 boxes) £96.33

## Sheath Fixing Strips and Adhesives

Last reviewed: February 2024 Click [here](#) for guidance and information

Next review: February 2027

<b>First Choice:</b>		
	Product Code:	Cost and information
Dry Aid Double Sided Hydrocolloid Sheath Liner	AL835100	<b>Adhesive on both sides. Worn under the sheath.</b> Pack of 30 £15.49 (52 pence each)
Urifix Tape (Bio Diagnostics) 5m	SU1	<b>Cohesive tape, only sticks to itself. Worn under or over the sheath.</b> 5 metre pack £5.44 (£1.08 / m)
<b>If first choice products unsuitable the following can be prescribed:</b>		
Conveen Sheath Liners	5100	Adhesive on both sides. Worn under the sheath. Pack of 20 £10.64 (53 pence each)
Comfort Plus hydrocolloid adhesive tape	50.14	Adhesive on both sides. Worn under the sheath. Pack of 30 £16.29 (54 pence each)
Dry Aid Thick Double Sided Foam Strip	AL831002	Adhesive on both sides. Worn under the sheath. Pack of 10 £6.20 (62 pence each)
<b>The below Velcro Foam Straps are worn over the sheath to provide additional security. May only be prescribed on the recommendation of the bowel and bladder service or urology.</b>		
Urinary Sheath Fixer Strap (E&E Medical Supplies Ltd)	SHFIX	Pack of 10 £9.75 (£0.97 each). <b>Most cost effective.</b>
Incontiaid Sheath Holder (S G & P Payne / Bullen)	1123	Pack of 10 £12.17 (£1.22 each).

Nottingham & Nottinghamshire Continence Appliance Formulary  
V 10.0 Last reviewed: Mar26. Review date: See individual sections

Accessibility checked. Contains tables which may not be accessible to screen readers

[Back to contents page](#)

## Adhesive Remover

Last reviewed: February 2024 Click [here](#) for guidance and information

Next review: February 2027

<b>First Choice:</b>		
<b>These products are prescribed for difficult urinary sheath removal only, not routinely required.</b>		
	<b>Product Code:</b>	<b>Cost and information</b>
StoCare Remove XL Medical Adhesive Remover Spray	STC 300	100ml spray (£10.15: 10.2p/ml)
Offmate Stoma Adhesive Remover	OM 50	50ml spray (£5.23: 10.5p/ml)
<b>If first choice products unsuitable the following can be prescribed on the advice of a bowel and bladder service:</b>		
Lift Plus 360 Citrus Medical Adhesive Remover	5507	50ml spray (£5.30: 10.6p/ml)
Lift Plus 360 Medical Adhesive Remover	5506	50ml spray (£5.30: 10.6p/ml)
<b>The following may be prescribed only if the patient is unable to manage a spray:</b>		
StoCare Remove Medical Adhesive Remover Wipes	STC 200	30 wipes (£8.50: 28.3p/wipe)

## Urine Directors / Urinals

Last reviewed: May 2025 Click [here](#) for guidance and information

Next review: May 2028

<b>URINE DIRECTORS/URINALS</b>		<b>Product Code</b>	<b>Cost</b>
<b>MALE</b>	Flexi Funnel	6-FF1	£11.89
	Male Funnel	6-35	£14.65
	Male Funnel Mini	6-35M	£14.65
	Adult Funnel Short (Male)	6-37	£14.64
	Male Youth Funnel	6-38	£14.64
	Male Urine Bottle (Closed End)	6-51	£15.40
	Male Draining Jug/bottle with Tap	6-50T	£15.60
	Male URIBag (pocket urinal) - Manfred Sauer	URIBag	£15.59
<b>Unisex</b>	Uriwell - Unisex Expandable Urinal	80-3360934-134	£10.00
<b>FEMALE OR RETRACTED PENIS</b>	Beambridge Lady Funnel	6-40	£15.24
	Beambridge Lady Jug	6-45	£17.06
	Bridge Saddle Urinal	6-26	£15.85
	Bridge Urinal with Tap	6-18T	£15.85
	Bridge Urinal without Tap	6-18	£15.85
	Female URIBag (pocket urinal) Manfred Sauer	URIBagF	£15.59
<b>Prices correct as of May 2025 Drug Tariff.</b>			

## Lubricant Gel

Last reviewed: February 2024 Click [here](#) for guidance and information

Next review: February 2027

<b>First Choice:</b>				
<b>Lubricant gel will be prescribed for regular bowel care or insertion of non lubricated catheters only.</b>				
	<b>Product Code:</b>	<b>Size or Weight</b>	<b>Basic Price (p)</b>	<b>Price per gram (p)</b>
MediLube		82g tube	155	1.9
Lube in a Tube		82g tube	159	1.9
<b>If first choices unavailable the following can be prescribed:</b>				
OptiLube	1122	82g tube	179	2.2
Aquagel		82g tube	183	2.2
<b>First Choice (for sterile catheter insertion only):</b>				
MediLube		5g sachet	11	2.2
<b>If first choice unavailable the following can be prescribed:</b>				
OptiLube	1120	5g sachet	16	3.2

## Faecal Collector

Last reviewed: April 2023 Click [here](#) for guidance and information

Next review: April 2026

The following may be prescribed on the recommendation of the bowel and bladder service, gastroenterology or colorectal team:			
<b>Product</b>	<b>Order No.</b>	<b>Size</b>	<b>Cost &amp; Information</b>
Hollister Faecal Collector, pack of 10	9822	500ml	Pack of 10 £49.74 (£4.97 each).
	9821	1000ml	<a href="#">Faecal Collector</a>   <a href="#">Hollister UK</a>

## Anal Inserts (Plugs)

Last reviewed: July 2023 Click [here](#) for guidance and information

Next review: July 2026

<b>First Choice, most cost effective &amp; suitable for ANTT:</b>			
<b>Product</b>	<b>Order No.</b>	<b>Size</b>	<b>Cost &amp; Information</b>
Renew Insert	FG730	Regular	Pack of 30 £70.54 (£2.35 each).
	FG731	Large	
The following may be prescribed on the recommendation of a continence advisor, gastroenterology or colorectal team, where the above formulary option is unsuitable.			
<b>Product</b>	<b>Order No.</b>	<b>Size</b>	<b>Cost &amp; Information</b>
Navina Faecal Incontinence Insert	6930400	Standard	Pack of 30 £85.22 (£2.84 each).
	6930500	Large	

Note that Peristeen® anal plug is discontinued (verbal confirmation from manufacturer July 2023). Residual stocks may be available, but patients should be switched to a formulary alternative as soon as possible.

## GUIDANCE / INFORMATION

Last reviewed: February 2024

Next review: August 2027

### Catheters & Accessories Guidance

#### Intermittent Urinary 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). Length 40cm.
- Intermittent catheter information leaflets are available through your local Specialist Continence Service / Intranet.
- Use standard length catheter for male patients unless otherwise advised by Urology for stricture management.
- Anaesthetic gel is not required with hydrophilic catheters but may be used to aid the first few insertions. If anaesthetic gel is used it must be prescribed and wait a minimum of 5 minutes before introducing the catheter to allow it to take effect.



#### Indwelling Urinary Catheters

- **All catheters on formulary are suitable for urethral or suprapubic use EXCEPT those with a Tiemann tip.** 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.
- If **Meatal Erosion** present, prescribe first line (or most suitable) Hydrogel Coated Catheter. Ensure catheter fixing strap correctly worn to prevent pulling and traction. Contact local specialist services for further advice.
- Length and balloon volume can be found on the packaging or the balloon inflation valve.
- All catheters on formulary have pre-filled syringes unless otherwise stated.
- Catheter balloon inflation volume in millilitres (ml) is stated on product labels. Do not under or over-inflate the balloon above its advised minimum/maximum volume inflation interval. Balloons must be inflated with the correct volume to ensure even inflation and



correct position of the catheter. If a different size balloon is required, then a different catheter should be prescribed which has a balloon that can be inflated to the required volume.

- 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 catheterisation gel).
- Catheterisation gel must be prescribed for use prior to each insertion of an indwelling catheter. See [Catheterisation gel](#) section below for further information and prescribing guidance.
- Indwelling catheter patient leaflets are available through your local Specialist Continence Service / Intranet.

<b>All Catheters are universally colour coded:</b>	
<b>Colour</b>	<b>Size (Charrier / CH)</b>
Black	10
White	12
Green	14
Orange	16
Red	18
Yellow	20
Purple	22
Blue	24

## Catheterisation gel

National guidance ([NICE Quality standard QS61](#): Quality statement 4) recommends using a suitable lubricant from a single-use container when inserting urinary catheters to minimise the risk of infection and trauma to the urethra.

First line formulary choices contain lidocaine and chlorhexidine in a sterile lubricant gel within a prefilled syringe. These ingredients provide localised pain relief and help reduce the risk of infection, while also giving lubrication to allow for a smooth process.

These are available in two sizes, 11 ml, and 6 ml: Prescribe 11mls for male genitalia / 6mls for female genitalia and 6mls for suprapubic catheterisation.

Wait a minimum of 5 minutes after insertion of anaesthetic gel before introducing the catheter, to allow maximum urethral anaesthesia (follow manufacturer’s instructions).

First line anaesthetic gel must not be used in patients with known hypersensitivities to the active ingredients or any of the excipients. In this situation, the following second line products may be suitable:

- OptiLube Active CHG Free can be prescribed for patients with a contraindication or sensitivity to Chlorhexidine Gluconate (CHG).

- OptiLube Sterile lubricating catheterisation jelly with no active ingredient can be prescribed for patients with contraindications or sensitivities to local anaesthetic (Lidocaine) and/or antiseptic (Chlorhexidine Gluconate).

## Catheter Retaining Straps

- 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).
- A catheter retaining strap is usually worn on the leg in the thigh position.
- For those with a suprapubic catheter, the strap can be positioned on the lower abdomen.
- Catheter retaining strap must be washed according to manufacturer's instructions.
- How to use a catheter retaining strap:
  - Before securing the catheter and/or tubing, place the strap around the leg or abdomen, ensuring the silicone lines are facing the skin. Ensure the strap is secure, but not too tight that it prevents normal blood circulation, and the clasp is easily accessible.
  - Position the clasp over the tubing.
  - Wrap the clasp around and under the tubing.
  - Push the tapered end of the clasp through the eyelet.
  - Gently pull the clasp to tighten around the tube. Pull the clasp up and over, then press the tapered end into place and secure it on the main strap.



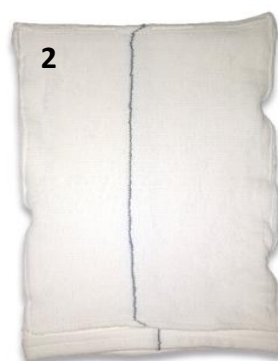
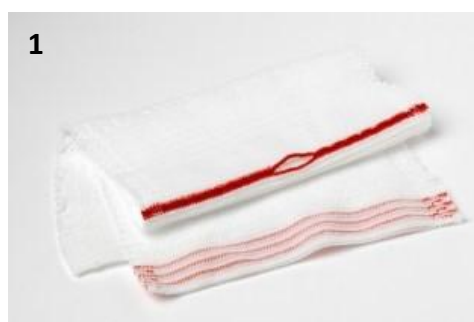
## Adhesive Catheter Fixation Devices

- Should not routinely be used.
- Use of adhesive devices increases risk of skin irritation and has greater infection control risk as debris can adhere to adhesive residue.
- Alternative for patients unable to tolerate catheter retaining strap.
- Risk assessment is required for patients with fragile skin and / or confusion / cognitive impairment.

If these are to be used, then Ugo fix gentle catheter clip should be first choice, as this has a re-adhesive silicone gel pad which ensures minimal trauma on removal, is easy to reposition and leaves no sticky residue.

## 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.
- Two styles are included on formulary:
  - First choice sleeves (photograph 1) form a pocket and the leg bag is inserted at the top passing the tap through an outlet at the bottom of the bag.
  - Aquasleeve (photograph 2) pulls onto the leg like a stocking and then folds back over the positioned leg bag. It has a small opening for the tap.



## 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 will 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.
- Always maintain the continuity of the sterile drainage system by avoiding unnecessary disconnection.
- Urine samples must be taken from needle free sample port only when clinically indicated.



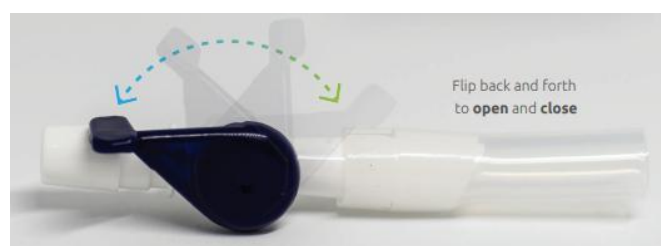
## Belly Bags

- Alternative drainage system for urethral and suprapubic catheters.
- Can remain in situ for up to 28 days (not appropriate for patients who require frequent disconnection of a closed drainage system).
- Capacity up to 1 litre.
- Secure around the waist with adjustable strap.
- For female patients using a belly bag, standard length catheters must be used.
- Does not connect to a night drainage bag. Therefore, is not suitable for patients who produce more than one litre of urine overnight unless they are happy / able to wake to empty this.
- Cannot be used with bladder infusion kit, so not suitable if having regular catheter maintenance solutions.



## Catheter Valves

- Alternative to drainage bag and should be considered as an option for patients with a urethral or suprapubic catheter as provides greater comfort and freedom and encourages normal bladder contraction.
- Ensure patient/carer has the cognitive ability and dexterity to manage the valve and has sufficient bladder capacity and sensation.
- 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 single use 2 litre drainage bags can be linked on if required for nighttime.
- Not suitable for patients with severe cognitive impairment, ureteric reflux, renal impairment (check eGFR and creatinine), reduced bladder capacity, poor manual dexterity and following some urological surgery including radical prostatectomy.
- Catheter valve patient information leaflets are available through your local Specialist Continence Service / Intranet.



## Larger Volume Drainage Bags

### 2 - 3 litre drainage bags

#### Non-Sterile Drainable Single use:

- Twist off or slide single use tap. Scissors must not be used to drain.
- Single use only.
- Use once and discard, cannot be reused.
- Cannot be attached directly to a catheter.
- Can only be used to link onto leg bag.

#### Sterile Drainable:

- These would not be used routinely, however there may be circumstances where they are needed or preferred by the patient.
- Empty via the tap, close tap after emptying.
- If attached directly to the catheter it can stay in situ for up to 7 days.



### 4-week supply

- When the plan is for a urinary catheter to remain in place for a short period of time only (i.e., trial without catheter planned), then issuing prescriptions for catheter drainage supplies can result in excess products being supplied.
- If this is likely, then a UGO 4-week kit should be prescribed containing 4 weeks supply of leg bags and straps, night (2 litre) single use drainage bags, catheter fixation devices and patient and carer user guides.

### Bladder Infusion Kit Guidance

- Allows clinicians to easily administer catheter maintenance solution without the need to disconnect the catheter and drainage bag. Aseptic technique can be maintained, and infection risk minimised.
- Clamp for stopping flow to the leg bag.
- Funnel which provides access to needle-free sample port
- Use when maintenance solutions are more than once a week (leg bag is otherwise changed each time a maintenance solution is used).



## Catheter Maintenance Solutions (CMS) Guidance

See [Appendix 1](#) for CMS pathway

### Optiflo S 50mls.

- To check patency of catheter.
- To clear debris.
- The wrapping should not be removed for use.

### Urotainer Suby G 2 x 30mls

- Only to be prescribed following individual assessment.
- Use 10-15mls from either chamber, clamp off for 5 minutes and repeat using second chamber.

### IF UNSURE DISCUSS WITH YOUR LOCAL SPECIALIST CONTINENCE SERVICE.

- Follow local guidance. Contact your local specialist continence service for information or refer to appendix 1 for pathway.
- A new leg bag should be used after each administration of a Catheter Maintenance Solution unless using a Bladder Infusion Kit.



## Sheaths Guidance

- Sheath sizes vary from manufacturer to manufacturer. therefore, the penis must be measured mid shaft with the relevant manufacturers (single use) measuring guide.
- Fit according to manufacturer's instructions.
- Change every 24hrs in accordance with manufacturer's guidance.
- Pubic hair guards are available with some sheaths within this Formulary.
- 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.
- Formulary sheaths are available in a range of styles and sizes as follows:
  - **Standard:** Standard length sheath with centrally positioned adhesive. Suitable for men with an average length penis.
  - **Pop On / Short:** Shorter length sheath combined with a maximum adhesive area or forward placement of adhesive. Suitable for men with a short or retracted penis.
  - **Wide Band:** Standard length with greater adhesive area to maximise security. Useful for those who are more active and / or have trouble keeping other style sheaths in place.
- Sheath patient information leaflets are available through your local Specialist Continence Service / Intranet.



## Body-worn Urinals Guidance:

The term 'Body-worn urinal' describes a range of male devices designed to collect urine as it leaves the body. They are mainly reusable, although they can have a disposable part such as a urine collection bag. They offer an alternative to a disposable sheath system and are secured in place using either straps, specially designed underwear or occasionally adhesive.

Body-worn urinals are available in a range of styles and sizes. Some are designed for use with a shortened or retracted penis. A good, comfortable fit will improve the success of the product, so it is vital that individuals are carefully measured and fitted by someone familiar with the product.

## Retracted Penis Pouch Guidance

A retracted penis pouch is useful for men who have a shortened or retracted penis and are unable to wear a traditional sheath or body-worn device. They may also suit men who are obese and have difficulty accessing the shaft of the penis for application of a sheath.

Penile pouches are small urine collection bags with an adhesive ring that sticks onto the pubic area around the penis. It is necessary to shave or trim the pubic hair to ensure that the adhesive can stick effectively to the skin securing the pouch in place properly. The opening can be cut to size to fit different penis widths.

Urine is collected in the pouch and emptied when convenient through a small tap at the bottom of the bag. Penile pouches are usually disposable and can be worn for 24-48 hours. Penile pouches are disposable products and are available as 'one size fits all'.

## Sheath Fixing Strips & Adhesives Guidance

If sheath adhesion is problematic, the patient should be reviewed by a continence specialist to ensure the sheath used is the most suitable style and size for the individual. If fitting issues cannot be resolved, the use of a barrier wipe or sheath fixing strip may be recommended. Barrier creams are NOT recommended as they reduce the adhesiveness of the sheath.

A single barrier wipe per sheath application can be used to protect the skin and / or improve sheath adhesion. Users should be advised to clean, with a non-moisturising soap, rinse, and dry the skin in the area, use one wipe and allow to dry before applying the sheath. (Barrier wipes may be used on skin that is broken, sore or weepy to promote healing, however, usually the sheath should not be worn until the skin is healed).

Sheath fixing strips are placed onto the penis (encircling it) either underneath the sheath, over it, or both. The presence of adhesive, thickness and size of the strips can vary.

Some Sheaths require a double-sided adhesive strip to attach them to the penis. The adhesive strips are placed onto the penis (encircling it) and the Sheath is rolled over the penis, attaching to the adhesive strips. The thickness and size of the strips can vary.

The types of sheath fixing strips within Nottinghamshire continence formulary are as follows:

**Double Sided Hydrocolloid Sheath Liner:** Adhesive on both sides. Use to provide a firmer, more reliable grip for urinary sheaths attached to the penis. The adhesive strips are placed onto the penis (encircling it) and the sheath rolled over the penis, attaching to the adhesive strips. Secures the inner side of the sheath.

**Urifix tape:** a polyurethane, latex free, cohesive tape, which only sticks to itself. It therefore helps to both prevent adhesive damage to the skin and provide a secure, comfortable, fit for the urinary sheath around the penile shaft. As tape will only stick to itself it can also be used to protect small abrasions and sores. UriFix Tape can be used underneath the sheath, over it, or both, to provide a secure fit and help keep the sheath in place.

**Thick double-sided foam strip:** used if double sided hydrocolloid sheath liners do not provide enough support to secure the sheath. They are used in the same way as the hydrocolloid sheath liners to secure the inner side of the sheath.

**Velcro Foam Straps** are designed to provide additional security to the urinary sheath. When applied over the top of the sheath and fastened in place via the Velcro hook & loop system, an extra level of security is provided to ensure the sheath stays in place. These devices should be washed and reused. Users should be advised to hand or machine wash on a warm setting, using mild detergent, and air dry.

## Adhesive Remover Guidance

Sheath removal should not usually require the use of adhesive remover, men should be advised to follow manufacturer's instructions for removal. They should not remove the sheath 'dry', but either remove it in the shower or bath or use a warm soapy flannel to wash around the sheath prior to removal, then gently unroll the sheath without pulling. Once the sheath has been removed, the penis and foreskin should be washed thoroughly to remove any adhesive residue.

Adhesive removers should only be prescribed if sheath removal is difficult, painful, or skin damage has occurred despite following the above guidance.

Silicone-based, alcohol-free preparations are preferred.

Sprays are generally more cost-effective than wipes and should therefore be prescribed first line. Wipes can be prescribed for those that need them, e.g., for people who lack the manual strength or dexterity to use a spray.

Either a spray or wipes should be prescribed, not both.

The quantity of adhesive remover required will depend on the frequency of sheath change. As a rule, 50ml (possibly up to 100ml) of spray or 30 wipes may be needed per 30 sheaths.

Excessive ordering of adhesive removers should be questioned. It may signify that the person is having problems and needs a sheath reassessment.

## Urine Directors / Urinals Guidance

### Urinals

- Single-patient use only in all settings.
- To be cleaned in accordance with LOCAL INFECTION CONTROL POLICY.
- CARE HOMES - Urinals should be marked clearly with patient's name and used only for that specific patient.
- **Wash using hot soapy water dry and store appropriately after each use.**

### Male Urinal

- Available to buy / community equipment loan service.
- Useful if the patient prefers to stand the urinal up.

**For specialist equipment, please seek advice from your local Specialist Continence Service.**



### Male Funnel (Urine Director)

- Useful for men with retracted penis or difficulty directing flow.
- The Male Funnel serves a range of purposes and has been designed for use in bed and out of bed. The product is moulded from a soft grippy plastic, which is easy to hold in place and comfortable against skin.
- Can be used to aid toileting by attaching a drainable 2 litre drainage bag if managing a urinal is difficult. This needs to be changed every 7 days.
- For men with sufficient mobility and continence, the funnels can be used to help as a director when urinating into a toilet.
- Different sizes available.
- Can also be used with Beambridge male drainage jug to reduce risk of complete spillage.



### Male draining jug with or without tap

- Helpful for patients with mobility problems.

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- Designed for use in or out of bed. The product is moulded from a soft grippy plastic, which is easy to hold in place and comfortable against skin.
- For men who void large amounts of urine a 2 or 3 litre drainage bag (change every 7 days) can be attached.
- Not suitable if patient chooses to stand the urinal by the bed or chair.
- With tap closed, has a useable volume of 400ml.
- To reduce the risk of spillage, the Adult Funnel Short can be used as a non-spill adaptor.

## Male URibag

- **CONTAINS LATEX**
- 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.



## Female Bridge Saddle Urinal

- Specifically designed for women to use in bed. The curved shell contours to the body allowing the woman to pass fluid easily into the chamber when sitting up or lying down.
- Has a closed end and does not drain; will require emptying after each void.
- Total useable unit volume = 750ml.
- Helpful for patients with mobility problems, or to assist carer.



### Female Bridge urinal with or without tap



- Helpful for patients with restricted movements/ mobility problems or to assist carer.
- Useful for chair / wheelchair or bed bound patients.
- The curved shell contours to the body allowing the woman to pass fluid easily into the chamber when sitting up or lying down.
- Total useable unit volume without a bag = 400ml.
- Options:
  - With Tap: Can be used with or without a Drainage Bag.
  - Without Tap: Must be used with a Drainage Bag.
- For women who void large amounts of urine a 2 or 3-litre drainage bag from Formulary can be used with the urinal. This needs to be changed every 7 days.

## Lady Jug

- Designed for women to use in bed and serves as an alternative to the Bridge Urinal (above). The product is moulded from a soft plastic, which comfortably seals with the skin and helps minimise leakage.
- The Lady Jug is not designed to store fluid and must be used with a 2 litre Drainage Bag (change every 7 days).



## Lady Funnel (urine director)

- Designed for women to use out of bed.
- It is recommended that the woman sits on the edge of a chair / bed or stands and holds the funnel in place.
- Moulded from soft plastic, which comfortably seals with the skin and helps minimise leakage.
- The Lady Funnel is not designed to store fluid and must be used with a 2 litre Drainage Bag (change every 7 days).
- Useful for a woman who is unable to sit on the toilet to pass urine.



## Female URIBag

- **CONTAINS LATEX**
- Useful for women 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.



## Lubricant Gel Guidance

Lubricant gel should be prescribed for patients who require regular, invasive, bowel procedures such as manual removal of faeces, as inadequate lubrication can result in damage to the rectal mucosa.

## Faecal Collector Guidance

A faecal collection device, or external anal pouch, is intended to collect stool as it passes from the rectum. The stool is collected in a bag or pouch, which is periodically emptied. These products are designed to contain liquid stool and help protect perianal skin from irritation and maceration caused by faecal discharge.

The flexible, adhesive wafer, which has an opening at its centre, adheres to the skin around the anus and the other side is connected to a collection bag. The bag has a re-sealable port at the lower end through which faeces can be emptied without the need to remove the wafer from the skin. This port can also be connected to a larger gravity drainage bag. Some bags also have a filter to allow flatus to escape and prevent the bag filling with gas.

The nature of this product means it may not be suitable for use if / when the patient is mobile or in a sitting position.

These products are not intended to replace thorough investigation and treatment of changes in bowel habit and continence but can help a patient to manage their symptoms whilst investigation and treatment is ongoing or if problems cannot be resolved.



## Anal Insert (Plug) Guidance

Anal inserts, sometimes known as anal plugs, are shaped products that are inserted into the rectum to prevent leakage of stool.

These products can work well for many people whose symptoms have not resolved following treatment (from continence service or colorectal team) to resolve their symptoms. Many experience a positive effect on their quality of life from them; however, their effectiveness has been found to vary and some people are unable to use them.

Correct fitting is important for comfort and to ensure they have the best chance of working. The products are available in different sizes and starter sets are available to allow people to find the most effective size for their needs. Always prescribe a starter set for trial first.

Correct insertion is very important, people should be given advice and guidance on how to do this.

Not suitable for use by patients who have undergone rectal surgery within the past 4 weeks.

Not suitable for people who have an allergy to silicone.

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### **Renew Insert (Renew Medical):**



### **Navina Faecal Incontinence Insert:**



## **Trans Anal Irrigation Guidance**

Transanal bowel irrigation (TAI) – anal irrigation is the instillation of warm water into the descending colon and rectum to facilitate evacuation of stools. Water can be introduced by either a cone (manually held in place in the anus) or a rectal catheter (held in place with an inflated balloon) and may be assisted with an electric device when clinically indicated. (RCN 2019).

It can be considered in several clinical conditions, such as chronic constipation, faecal incontinence, obstructive defecation syndrome (ODS) and neurogenic bowel dysfunction. TAI is a bowel care procedure that is usually considered if other, less invasive, methods of bowel management have failed to adequately control symptoms. It is usually performed by the patient whilst sitting on the toilet or a commode and helps to promote self-care. There are also bed systems available to meet the needs of patients who are unable to use the toilet. (RCN 2019).

Trans Anal irrigation (TAI) should not be carried out before less invasive options have been tried. A thorough assessment (undertaken by a specialist experienced in both TAI and the alternative, less invasive, treatment options) and consideration of the patients' preferences and tolerance should confirm the reason for initiation, for example, failure of conservative therapy, unpredictability of bowel function, help to ascertain the optimal TAI system for a patient to use and identify any criteria that would contraindicate the use of TAI.

Assessment should also include digital rectal examination prior to commencing TAI, preferably within 48 hours of the first actual irrigation so that the procedure can be performed safely.

TAI devices can be categorised into low-or high-volume; cones, catheters, or balloon inflating devices; manual, electric pump, or gravity-fed systems; and bed systems.

The differences between the available systems mean they may not be interchangeable, if systems become unavailable, or the patient is having problems, advice should be sought from a continence specialist to determine an appropriate alternative or to arrange reassessment.

## Stress Incontinence Devices Guidance

These devices are prescribed by the GP following advice from a continence specialist. They are not prescribed long term by the continence prescription services.

Internal vaginal devices for stress incontinence are placed inside the vagina to support the bladder neck or compress the urethra and thereby reduce or prevent leakage. Most internal vaginal devices currently available are products designed specifically to reduce stress urinary incontinence (SUI).

Internal vaginal devices can be hazardous if used incorrectly. Women should be advised to always follow manufacturers' instructions.

Internal vaginal devices are intended for use during normal everyday activities. While the devices work well for some women, for others they do not.

They may be most effective for women with minimal to moderate SUI leakage.

Any internal device can cause discomfort or irritation so some women may limit their use to times when wearing a pad may be less convenient or to provide occasional continence protection during physical activities such as exercising or dancing.

Internal vaginal devices can be used by women with both bowel and bladder leakage, but they will not improve the bowel leakage.

Some women find that while the devices reduce their incontinence, they do not prevent leakage completely.

Although these devices may cause some discomfort, women can find this an acceptable trade-off for a reduction in leakage.

More information about internal vaginal devices for stress incontinence, available on or off prescription can be found here: <https://www.continenceproductadvisor.org/femaledevices>.

Stress incontinence devices should only be prescribed following the recommendation of a continence specialist.

## Further Information and Contacts

### **Any queries please contact your local specialist continence service:**

Bowel and Bladder Service, City

- Nottingham CityCare Partnerships 0115 883 8900, option 1

Bowel and Bladder Service, County

Nottinghamshire Healthcare NHS Foundation Trust:

- Bassetlaw Single Point of Referral - 01777 274422
- Mid Notts Patient Call - 01623 781891
- South Notts Continence Prescription Service - 0115 844 0595

### **Nottingham & Nottinghamshire Continence Appliance Formulary:**

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- Nottingham CityCare Partnership
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- NHS Nottingham & Nottinghamshire ICB
- Nottinghamshire APC

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## Appendix 1 – Catheter Maintenance Solution (CMS) Pathway

Refer to Catheter associated problems flow chart (available via bladder & bowel service) before considering CMS.

- This chart is for guidance only, alternative volumes may be advised by the Bladder and Bowel Service or Urology
- CMSs are not bladder washouts. The purpose of using CMS is to extend the life of the urinary catheter.
- All conservative advice must be undertaken before using CMS as indicated below.
- Cause of catheter blockages MUST be established before considering CMS – is it encrustation, debris, mucous or light haematuria?
- Optiflo Solutions are no longer advocated, these require a degree of pressure for use. CMS should be administered using gravity rather than direct pressure to avoid tissue trauma.
- **DO NOT USE CMS to unblock a catheter, for bypassing or for Urinary Tract Infection (UTI).**

ALL CMS must be administered using gravity. You may need to use a little pressure to start the flow. Force must not be used as this will risk damage to the bladder epithelium. Administer all CMS at body temperature.

### Saline 0.9% (preferred product Uroflush Saline 0.9%).

Use for mechanical removal of small clots, debris, tissue etc. Not effective for encrustation.

USE 10-15mls.

Only to be used for:

- ✓ Traumatic catheterisations
- ✓ Tiemann tip catheter patients
- ✓ Urology and Spinal patients who have specific plans of care.
- ✓ End of Life patients
- ✓ To avoid hospital admissions

**Not to be used for patency checks except in the above categories.**

**If problems persist, consult the bowel and bladder service**

### Uro-Tainer Twin Suby G (3.23% citric acid)

Use to dissolve confirmed encrustation (by visual inspection and palpation of the catheter tip and balloon).

Check if conservative advice followed.  
Has larger lumen catheter/ open ended catheter been tried?

Use 10-15mls and ensure each chamber is left in for 5 minutes to be effective.

#### Persistent blockers.

- **Twin Suby G** daily for 2 weeks, then reduce to 3 times a week for 2 weeks, then twice weekly for 2 weeks, then weekly.
- Review- if problems worsen on reduction of use of Suby G then go back a step.

If problems persist, consult the bowel and bladder service who may recommend **Uro-Tainer Twin Solution R (6% citric acid)** using the above regime.

### Uro-Tainer PHMB (Polihexanide) 0.02%

For use with persistent mucus, debris, and light haematuria. **Must be recommended by the bowel and bladder service for new patients.**

Provides a mechanical flush, together with bacterial decolonisation. Active against gram – and gram + bacteria, fungi, yeast, MRSA, Pseudomonas aeruginosa & VRE, etc.

USE 10-15mls.

#### Persistent blockers:

- **PHMB** daily for 2 weeks, then reduce to 3 times a week for 2 weeks, then twice weekly for 2 weeks, then weekly.
- Review - if problems worsen on reduction of use of PHMB then go back a step.

**If problems persist, consult the bowel and bladder service.**

Can be used in combination for patients with mucus and encrustation but not on the same day. **Discuss with bladder and bowel specialist service first.**

**If the CMS drains in but does not flow back this does not necessarily mean the catheter is blocked. The eyelets will be clear if the flush has gone through. Review catheter patency by monitoring urine output before considering a catheter change.**