



Harrogate and District
NHS Foundation Trust

Adult Urinary Catheter Handbook and Product Formulary

Specialist Continence Service

March 2019

Introduction

The purpose of this Catheter Formulary and Handbook is to assist community clinicians in their selection of products for adults with a urinary catheter. It does not replace the need for assessment or clinical judgement and should be used in conjunction with Trust policies and procedures. The products have been selected, taking into account, quality and cost effectiveness.

This guide is designed to:

- Ensure appropriate prescribing and improve patient care
- Assist clinicians with trouble-shooting and managing problematic catheters
- Reduce waste from over-ordering and inappropriate prescribing
- Improve communication and save clinicians' time

Guidance for product selection is contained within the document. Items should only be prescribed or requested in a quantity that is clinically indicated. The prescriber is professionally accountable for their prescribing decisions and cannot delegate this accountability to any other person.

It is the healthcare practitioner's responsibility to achieve and maintain their competencies relating to assessment and management and procedures for catheterisation. HDFT catheterisation competencies must be reassessed every three years. Catheterisation training can be booked through the Learning and Development team.

Gold Standard in Urinary Catheterisation

- Trust Catheter Policies must be adhered to
- HDFT Policy for Consent to Examination or Treatment should be adhered to and patients made aware of associated risks.
- A comprehensive assessment, including risks and benefits, should be completed prior to catheterisation
- Intermittent Catheterisation (ISC) should be used in preference to an indwelling catheter, where possible
- Check Allergy Status
- Bladder scanning should be used to diagnose urinary retention
- Follow Gentamicin PGD ([Community Services - Gentamicin 80mg/2ml Injection](#))
- Aseptic Technique for every catheter change
- Men requiring urethral catheters must be catheterised with a STANDARD length catheter (40cm)
- Maintain closed system
- Anchoring Devices and leg straps are essential to prevent trauma and promote comfort
- Use smallest gauge (Charriere CH) catheter, wherever possible
- Review the need for catheterisation at each change and remove as soon as possible
- Ensure the patient has an established treatment plan that is communicated with them and healthcare professionals
- Ensure that patients have the correct equipment in their home after each visit
- Disposable Night Bags are single use only and should be changed daily
- All patients must have a **Catheter Passport** including emergency contact details

Community Nurses should carry the following catheter equipment:

- Teleflex Sympacath Catheter Standard Length CH12-16 x 1 of each
- 3 x Optilube Active 11ml Syringe
- 3 x 10ml Luer Solo Syringes
- 3 x 10ml Water for Injection
- 10 x Clinipod (for cleansing)
- Cath It Pack x2 or equivalent Dressing pack
- Gentamycin including needle and syringes (see Gentamycin PGD)
- Catheter Passport
- Sharps Bin

Guidance for Catheter Selection

NB: All patients catheterised in Harrogate Hospital are discharged with a standard length catheter inserted. In a community setting, female patients have the option of standard or female length.

Catheter lengths

Standard (Male) length 40cm - urethral use in male, female & supra-pubic

Female length 20cm – 28cm - urethral use in **females only**

Charriere (Ch) size

Choose the smallest Charriere catheter appropriate for the patient

- 12Ch to 14Ch – Females
- 12Ch to 16Ch – Males
- 16Ch to 18Ch - supra-pubic catheterisation

(Other Charriere sizes are available for male and female)

Balloon sizes

5-10ml for **adults** - 5ml balloons are available in standard and female length catheters.

Catheter balloons should be filled as specified by the manufacturer and never be over or under filled. Catheter balloons should only be inflated once. Deflation/ reflation or topping up is not recommended by the manufacturers as distortion of the balloon may occur.

30 ml balloons are designed for post-operative use only and are **not indicated** for routine drainage.

Catheter Bags

Bags come in a variety of tubing lengths and capacity to cater for individual patient needs.

Catheter bags should be emptied when they are 2/3 full.

Bags should be changed every 7 days, (as per manufacturer's instructions).

The position of the bag should be below the level of the bladder to enable drainage.

Night bags are single use and should be attached to the catheter leg bag to prevent breaking the closed drainage system. They should be used in conjunction with a catheter stand.

For patients in care facilities, it is advisable for bags to be dated, at the time of change.

Where possible the catheter bag change date should be added to MAR charts.

Lubrication

Lubrication should be used for catheterisation for both male and female patients.

A lubricant or anaesthetic gel from a single use syringe must be inserted directly into the urethra or supra-pubic tract this can reduce risk of urethral damage, discomfort and infection.

- 6ml for females,
- 11mls for males.

Insert directly into the urethra or meatus and leave for the required amount of time (4-10 minutes) following manufacturer's guidance.

Catheter Valves

Catheter valves are an alternative to free drainage. They should not be used without clinical assessment. They maintain bladder filling and emptying allow flushing of the bladder. Valves should be changed every 7 days.

Precautions should be considered for patients with:

- Reduced bladder capacity
- Detrusor instability/bladder spasm
- Reduced bladder sensation - unless the client has cognitive awareness to open the valve at set times
- Cognitive impairment
- Insufficient manual dexterity to open valve
- Nocturnal polyuria – unless used with a night drainage bag
- Ureteric reflux & renal impairment

Single use night drainage bags can be connected to the end of the catheter valve to allow free-drainage overnight.

Fixation Devices, Anchoring Straps and Leg Straps

Fixation devices must be prescribed.

Catheter fixation devices (fixation device or anchoring strap) and leg straps or sleeves are essential to prevent trauma and kinking and promote comfort. Anchoring devices may also reduce risk of over granulation in patients with suprapubic catheters. For urethral catheters, anchoring devices should be situated high on the thigh to prevent traction of the catheter. For suprapubic catheters, anchoring devices should be secured to the abdomen to prevent traction of the catheter. Patients should be advised to vary the anchoring device position i.e. from left to right leg. In addition to the anchoring device, the patient should have 2 straps to secure their catheter bag; or a bag sleeve.

Patients, who decline to use anchoring devices or leg straps, should have this information clearly documented in their notes.

TROUBLESHOOTING

CATHETER BLOCKAGE

CHECK:

Last date of change

No mechanical obstruction evident; i.e., bag not twisted, bag connected. Check for debris in the tubing, bag not above the level of the bladder, anchoring device in situ.

Check when bowels last open

RE- CATHETERISE ACCORDING TO CARE PLAN

CHECK if Gentamycin Required

FUTURE PLANNING:

Consider how to avoid future blockage emergency:

- ✓ Give advice to patient/carer re fluids and constipation
- ✓ Check correct equipment is prescribed
- ✓ Consider increasing frequency of routine change
- ✓ Consider increasing Charriere size
- ✓ Consider changing catheter type or material
- ✓ If recurrent blocking or symptomatic of CAUTI obtain CSU, and follow [IPC Guidance](#)

NOTE: If blocking continues despite interventions, consider discussion with Specialist Continence Team or discuss referral to Urology with GP

CATHETER BYPASSING

Check position of anchoring device, catheter tubing and patient position to ensure catheter or tubing not occluded.

CHANGE CATHETER

?UTI

Symptoms: 2 or more of following symptoms:

- ✓ Pyrexia/ Rigors
- ✓ Loin, supra pubic or flank pain
- ✓ Nausea or vomiting
- ✓ Confusion
- ✓ Lethargy
- ✓ Haematuria

YES

Obtain CSU
*Follow IPC
Guidelines

Liaise with Medical
Team re: antibiotics

Change Catheter
following Trust IPC
Guidelines

CSU to be followed up
by Medical Team for
antibiotic modification.
**If recurrent CAUTI
consider referral to
Urology**

? Debris
See BLOCKAGE
troubleshooting

NOT symptomatic
Of Infection

If frequent bypassing:
Check Fluid intake &
Constipation

Inspect skin and meatus
Consider sensitivity to
catheter material.

Consider change of
catheter; type and size

If problems persists
CHANGE CATHETER

If CAUTI is excluded then
consider an
antimuscarinic or
antispasmodic

?Constipation

Check:

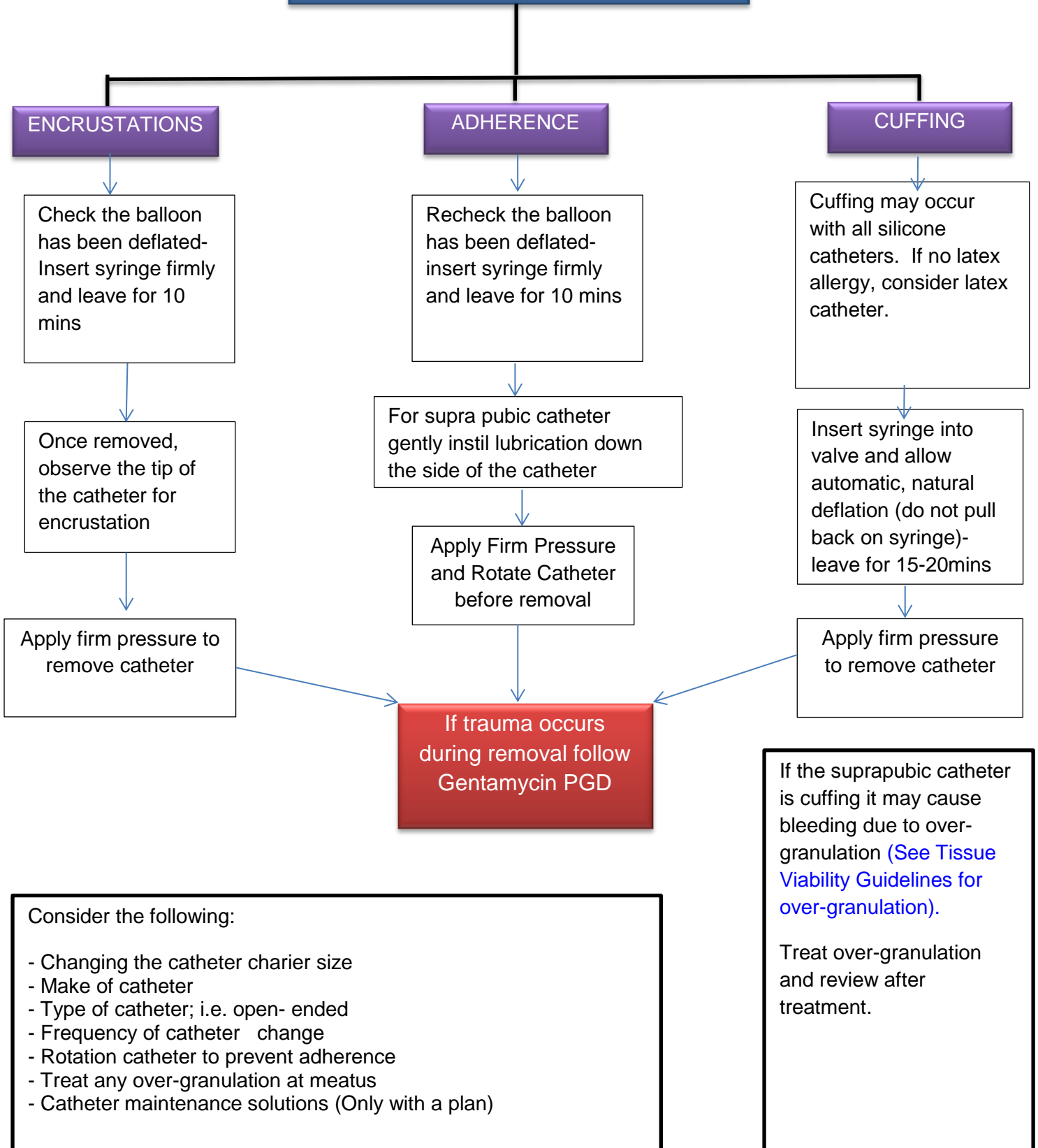
- ✓ Bowel Frequency and stool Type (using Bristol Stool Chart) with patient/ carer
- ✓ Medical History
- ✓ Fluid Intake (>1.5-2litres)
- ✓ Dietary Advice

Perform rectal
examination

Liaise with Medical Team
re Bowel Management

NOTE: If bypassing continues despite interventions, seek advice from Specialist Continence Team or consider referral to Urology.

DIFFICULTY REMOVING CATHETER



EXPULSION OF CATHETER

Consider Cause	
Faulty catheter	<p>If balloon deflated and not damaged, is it faulty? If so, datix and report to MHRA. Re-catheterise if clinically indicated</p> <p>IF BALLOON IS INCOMPLETE LIAISE WITH GP TO REFER TO UROLOGY</p>
Constipation	Catheter expelled with balloon inflated or deflated due to bearing down or constipation. Advised patient on diet and fluids and positioning on toilet. Consider laxative medication
Traumatic removal due to traction or trauma with balloon inflated	<p>Accidental- Has the catheter been secured correctly with anchoring device and straps?</p> <p>Deliberate removal or due to confusion- Consider whether an indwelling catheter appropriate for the patient?</p>
Lack of water in balloon (more common in all silicone catheters)	Consider using 5% glycerine to inflate catheter balloon on next catheterisation.
Bladder spasm	<p>Rule out CAUTI and constipation</p> <p>Consider anti-muscarinic or Mirabegron, if not contra-indicated</p>
Recurrent expulsion of catheter due to pathophysiological cause	Refer to urology

If all appropriate actions and treatment has been trialled unsuccessfully and failed to improve symptoms. Please consider referral to Urology to exclude any pathophysiology.

UNABLE TO DEFLATE BALLOON

Check catheter is not kinked or if the patient is constipated

Try an alternative Leur Solo syringe

Insert 1-2ml of water for injection into inflation port and attempt deflation of balloon again

Check syringe is securely attached to inflation port and leave for 15-20 minutes

If unable to deflate balloon
Refer to CATT
Inform GP
Complete Datix and report MHRA

**DO NOT CUT CATHETER
OR TRY TO OVER-
INFLATE THE BALLOON**

CATHETERS

Short Term Catheter (4 weeks)

	Item	Length	Code	No	Price
1	Teleflex PTFE CH 12- 24	Standard 40cm	DP3101** (**add required CH no. on end)	1	£2.19
1	Teleflex PTFE CH 12- 24	Female 20cm	DP2101** (**add required CH no. on end)	1	£2.19

Long Term Catheter Latex (12 weeks) - urethral and Supra-pubic use

	Item	Length	Code	No	Price
1	Teleflex Rusch Sympacath Prefilled 10ml syringe + removal syringe CH 12-24	Standard 40cm	DH3101** (**add required CH no. on end)	1	£6.27
1	Teleflex Rusch Sympacath Prefilled 10ml syringe + removal syringe CH 12-24	Female 20cm	DH2101** (**add required CH no. on end)	1	£6.27
2	BARD Biocath Hydrogel Coated Aquafil Catheter (No Syringes) CH 12- 22	Standard 40cm	D2265** (**add required CH no. on end)	1	£8.50
2	BARD Biocath Hydrogel Coated Aquafil Catheter (No Syringes) CH 12- 22	Female 20cm	D2269** (**add required CH no. on end)	1	£8.61

Long Term Catheter Silicone (12 weeks) - urethral and supra-pubic use

If balloon deflating consider glycerine in balloon

	Item	Length	Code	No	Price
1	L.IN.C Medical All silicon- round Tip Unibal CH12-14 5ml balloon CH16-18 10ml Balloon Contains prefilled syringe and lubricating gel and removal syringe	Standard 40cm	CH12: 08501205W CH14: 08501405W CH16: 08501610W CH18: 08501810W 5% Glycerine code- change W to G	1	£5.57
1	L.IN.C Medical All silicon- round Tip Unibal CH12-14 5ml balloon CH16 10ml Balloon Contains prefilled syringe and lubricating gel and removal syringe	Female 28cm	CH12: 085012051W CH14: 085014051W CH16: 085016101W 5% Glycerine code- change W to G	1	£5.52
2	Teleflex Rusch Brilliant Aquaflate All Silicone CH 12-24	Standard 40cm	DA3101** (**add required CH no on end)	1	£6.11
2	Teleflex Rusch Brilliant Aquaflate All Silicone CH 12-24	Female 20cm	DA2101** (**add required CH no on end)	1	£6.11

Open- Ended All Silicone Long Term Catheter (12 Weeks) - urethral and supra-pubic use						
1	Coloplast Folsyl X-tra Catheter With pre-filled and empty syringe <i>CH12-22</i>	Standard 41cm	AA8C** (**add required CH no on end)	1	£6.55	
Hydrogel Coated All Silicone Long Term Catheter (12 Weeks): Urethral and Supra-pubic use - Consider ONLY if the all silicone catheters cause irritation/discomfort to client or adherence to tract.						
1	BARD Lubri-sil Aquafil with prefilled syringe of sterile water <i>CH 12- 22</i>	Standard 40cm	D1758**E (**add required CH no on end)	1	£9.76	
1	BARD Lubri-sil Aquafil with prefilled syringe of sterile water <i>CH 12- 16</i>	Female 26cm	D1761**E (**add required CH no on end)	1	£9.76	

BAGS AND CATHETER PACKS							
4 week Catheter Pack (one prescription charge only)							
		Tube Length		Code	No.	Price	
Optimum Medical UGO 4 Week Catheter Pack: Contains: 4 x pairs of Ugo Fix Leg Bag Straps 4 x leg Bags 28 x Disposable Night Bag 4 x Ugo Fix Gentle (securement) Bed Hanger Information Leaflet		Short tube 5cm lever tap		3014	1	£29.41	
		Long tube 25cm lever tap		3015			
		Short tube 5cm T tap		3016			
		Long tube 25cm T tap		3017			
Leg Bags Daytime – Change every 7 days							
		Tap	Capacity	Tube	Code	No.	Price
1	L.IN.C Medical Linc Flo Sterile Leg Bag Latex Free 2x Velcro Straps Nitrile Gloves	Tap	500ml	Direct	LM500SD-T	10 per pack	£23.31
		Tap	500ml	10cm	LM500MD-T		
		Tap	500ml	30cm	LM500LD-T		
		Lever	500ml	Direct	LM500SD-L		
		Lever	500ml	10cm	LM500MD-L		
		Lever	500ml	30cm	LM500LD-L		

		Tap	Capacity	Tube	Code	No.	Price	
2	Optimum Medical Ugo Leg Bag Latex free Leg straps (DOES NOT CONTAIN GLOVES)				Search UGO			
		Lever	500ml	5cm	UGO 1C	10 per pack	£23.94	
		Lever	500ml	25cm	UGO 2C			
		Tap	500ml	5cm	UGO 3C			
		Tap	500ml	25cm	UGO 4C			
		Lever	750ml	5cm	UGO 7C			
		Lever	750ml	25cm	UGO 8C			
Belly Bag (28 day renewal)								
	Rusch Belly Bag	Direct Inlet		1 litre	B1000P	1	£10.78	
	Rusch Belly Bag	60cm Tube		1 litre	B1000CT	1	£10.78	
	Belly Bag Additional belt	Request from Teleflex Rep		140cm	NHS Non- Prescribable	1	£2.39	
NOTE: If using belly bags, a night bag cannot be connected to this product								

NOTE: One litre leg bags and bags with safety taps are available, e.g. for patients with dementia. Please contact the Specialist Continence Service.

Night Bags- 2 Litre Disposable (SINGLE USE)						
		Tube Length	Code	No	Price	
1	Optimum Medical 2 litre Tear Top Non Drainable Single Use	Tube Length 95cm	Search UGO UGO 9	10 per pack	£2.07	
	Optimum Medical 2 litre Push tap for drainage Single Use (For patients with dexterity problems)	Tube Length 95cm Push tap for drainage Single Use	Search UGO UGO 10	10 per pack	£3.08	
FREE NIGHT STANDS ARE AVAILABLE BY RINGING OPTIMUM MEDICAL ON 0800 031 5403 and quote product number 3024.						

Bedbound and Limited Mobility Patients ONLY						
	Tap	Capacity	Tube	Code	No	Price
L.IN.C Medical Drainable 2L Bag	Tap	2 Litre	120cm	SLC13	10 per pack	£9.52
	Lever	2 Litre	120cm	SLC13-L		
Teleflex Rusch Night Drainable Bag	Tap	2 Litre	120cm	850420	10 per pack	£10.78
	Lever	2 Litre	120cm	850421		

CATHETER VALVES

Valve- change every 7 days			Code	No	Price
1	L.IN.C Medical Care-Flo Catheter Valve Latex Free	Lever Tap	CF1	5 per pack	£7.59

CATHETER SECUREMENT DEVICES (STRAPS AND ANCHORING DEVICES)

Straps	Strap Length	Code	No	Price	
1	Optimum Medical UGO Fix catheter strap	45cm	3002	5 per pack	£12.68
		80cm	3003		£14.00
		130cm	3009		£17.05
Fixation Device					
1	Optimum Medical Ugo Fix Gentle	For use for 7 days Device can be removed and replaced on different sites	3004	5 per pack	£12.53
2	Optimum Medical Multifix Gentle Large	For use for 7 days Device can be removed and replaced on different sites	3030	10 per pack	£23.50

CATHETER MAINTENANCE INFUSION KITS

- can be used with catheter maintenance solution

			Code	No	Price
1	L.IN.C Medical Bladder Infusion Kit	To go into needle free port Prevents opening closed system	MCI/701	10 per pack	£20.06

LEG BAG SLEEVES

		Size	Circumference	Tube	Code	No	Price
1	CliniSupplies Prosys Leg Bag Sleeves	Small	24-40cm	120cm	PLS3881	4 per pack	£7.61
		medium	36-50cm	120cm	PLS3904		
		Large	40-65cm	120cm	PLS3928		

LUBRICATING GEL						
(NOTE: LINC Medical catheters have lubricant included)						
		Tube	Code	No	Price	
1	Optilube Active (Lidocaine 2%) and Chlorhexidine Gluconate 0.25%).	6ml Female	Search Optilube Active 1160	10 per pack	£10.90	
1	Optilube Active (Lidocaine 2%) and Chlorhexidine Gluconate 0.25%).	11ml Male	Search Optilube Active 1161	10 per pack	£11.40	
2	Instillagel (Lidocaine 2%) and Chlorhexidine Gluconate 0.25%). (NEEDS PRESCRIBING) To be used for painful catheter insertion- if anaesthetic required	6ml Female	Search Instillagel 40-006	10 per pack	£14.05	
2	Instillagel (Lidocaine 2%) and Chlorhexidine Gluconate 0.25%). (NEEDS PRESCRIBING) To be used for painful catheter insertion- if anaesthetic required	11ml Male	Search Instillagel 40-011	10 per pack	£15.76	

DRESSING PACK						
		Glove Size	Code	No	Price	
1	CATH-IT Removal and Insertion pack	S/M	908410	1 per pack	£1.98	
		M/L	908420			
		L/XL	908430			

STERILE CLEANSING SOLUTION						
			Code	No	Price	
1	Clinipod Sodium Chloride 0.9%	25x20 pods	Search Sodium Chloride Choose Clinipod	1 per pack	£4.80	

Catheter Product Ordering Form

NHS No:	DOB
Name:	GP
Address	Allergies

Req.	Product/ Pack Size/ Length	Order Code	Quantity/ Pack size	Guidance
	Catheter:			Ensure 2 are available
	Day Bags:			To be changed weekly
	Night Bags:			To be changed nightly
	Catheter Valve:			To be changed weekly
	Fixation Device:			
	Catheter Leg Straps & Sleeves, if needed			If needed
	Lubricating Gel			1 for each catheter change
	Catheter Change Pack Cath- IT Pack			1 for each catheter change
	Cleansing Solution Clinipod	25x20 pods		1 pod for each catheter change
	Other			

Community Nurse Name & Designation		
Team Name and Telephone Number		
Date and Sign		