 

**Adult Bladder and Bowel formulary**

**First Line Prescribing Guide 2023**



**Developed & Updated by the Adult Bladder and Bowel Service**

**Version Three: March 2023**

**Review: March 2026**

**Version Control Table**

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| --- | --- | --- |
| **Date of Issue** | **Version Number** | **Status** |
| May 2018 | Version One | First draft |
| April 2021 | Version Two | Amended items in formulary |
| March 2023 | Version three | Amended items in formulary |
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**Table of Revisions**

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| --- | --- | --- | --- |
| **Date** | **Section** | **Revision** | **Author** |
| April 2020 | Front cover  Page 1  Page 3  Page 8  Page 8  Page 8  Page 8  Page 12  Page 14  Page 16  Page 23-25  Page 26 | Name of service updated  Version control table added  Supplier representative policy date updated  ISC Female 2nd & 3rd line change  ISC Male 1st,2nd & 3rd line change  ISC bag Female 1st & 2nd line change  ISC bag Male 1st & 2nd line change  Catheter stabilisation device change  Leg bag – non sterile – added (sheath use only)  2nd & 3rd line options removed to reduce confusion when ordering and streamline use  Night drainage bags reviewed & changed  Bowel Formulary update following review by Durham Bowel Dysfunction Service & approval by CD&T APC Nov 2020  Wording amended and indications and features updated on Renew Inserts | Ruth Cooper & Sarah Aungiers |
| March 2023 | Front page  Page 6  Page 7  Page 8  Page 10  Page 12  Page 12  Page 15  Page 15  Page 16  Page 17  Page 18  Page 23  Page 26 | Amended logo  Bold type to NB text  Amended 1st and 2nd line according to NICE recommendation of patients choice of 1 hydrophilic coated catheter and a gel coated catheter for both male and female  ISC with bag – priced to change to ISC catheter and leg bag but not cost effective. Changed to 1st line only due to specialist nurse input / experience  Open ended catheters – new to the market Clinisupplies open ended catheter / more cost effective and another option so added as 1st line  Catheter stabilisation device – supplier amended following patient feedback re: security, sizing and grip. Also more cost effective  Catheter valves – reviewed in line with catheter / leg bags to support optimal fitting  Specialist bags – additional bags added for wheelchair users  Leg bag sleeves – wording amended due to trauma and also colors of sleeves added  Sterile night bags – added code for slide tap as well as lever tap  Sheaths – due to the Optima convene being effective and good in terms of DN or carer fitting we have decided to keep only this one as 1st line. We do have others that B&B team could send samples of if required  Male urinary pouch – reworded due to manufacture rebranding and addition prescribing information added  Transanal Irrigation guidelines have been updated by Bowel team and new version added to formulary  Coloplast anal plugs discontinued so same removed | Ruth Cooper & Sarah Aungiers |

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**Introduction**

This bladder and bowel formulary has been prepared by the County Durham and Darlington NHS Foundation Trust (CDDFT) Bladder and bowel service with the input from the urinary catheter group, CCG, Primary Care and following consultation with Community Nursing Teams across the Trust. It aims to simplify prescribing of continence products and promote best practice.

It is available for all healthcare professionals prescribing and/or obtaining urinary catheters and continence care medical devices for general (non-specialised) use for adults across CDDFT, DDES, North Durham and Darlington CCG’s.

The products selected for this formulary by the bladder and bowel service and urinary catheter group have been based on experience, clinical effectiveness, patient requirement and cost effectiveness. They are products are recommended for patients within the Community and following discharge from hospital in to community.

This formulary will be updated regularly to reflect innovations in practice, new evaluated products and sent for consultation to the area prescribing committee (APC), urinary catheter group, community nursing teams and Urology Department at County Durham and Darlington NHS Foundation Trust.

**Notes for use**

The formulary should be used alongside the Trust’s Urinary Catheterisation Policy.

Patient assessment is essential before using any of the products listed in this formulary or deciding to catheterise. Guidelines for this are set out within the CDDFT Urinary Catheterisation Policy.

Alternative management options should be first considered in view of the complications associated with indwelling urinary catheters.

It should be remembered that the use of any bladder or bowel appliance can significantly affect patients and carers, physically, socially, psychologically and sexually. Therefore it is vital that these issues should be taken into consideration whenever a bladder or bowel product is prescribed. Patients and carers should be given the opportunity to make an informed choice when selecting products. The choice however, is determined by clinical assessment and is guided by the formulary. It is important that a regular review of the patients products is carried out, as often new products become available which may meet the patients or carers needs more appropriately.

All bladder and bowel products are classified as medical devices and are regulated by the Medical Devices Agency (MDA). The MDA should be informed of minor faults and discrepancies between products as per Trust Policy. Anyone may report adverse incidents including patients, carers, or any healthcare professional via the Medicines and Healthcare Products Regulatory Authority (MHRA) reporting site.

Medical representatives regularly try to approach district nurses, residential and nursing homes, often leaving samples or offering free training, delivery services, etc and this should be avoided whenever possible unless the product is currently listed in the bladder and bowel formulary and permission has been sought and Supplier Representative Policy 2020 adhered to.

**Ordering Supplies**

Patients have the choice of where to obtain their prescribed bladder and bowel supplies from. One supplier should not be recommended in preference to another. There are two routes of supply:

1. **Community Pharmacies** – prescriptions can be collected by the patient or a patient’s representative from the GP surgery and items delivered directly to the patient’s home, along with other medication.
2. **Dispensing Appliance Contractors (DAC)** – prescriptions can be posted from the GP surgery to the DAC and items delivered directly to the patient’s home.
3. **Dispensing GP’s** – for specific GP practices with specific patients

Please note that a prescription must be **authorised and generated** by a GP practice prior to any delivery of appliances to patients.

Each patient should keep **two spare catheters in stock** in case of problems with their catheter. The first time a patient is catheterised **three catheters** should be prescribed, one for use and two for spare. From then on only **one** catheter should be prescribed at a time.

**FORMULARY**

**STERILE CATHETERISATION INSERTION PACKS**

There are various catheterisation packs available for use on FP10 which can help reduce the risk of catheter related urinary tract infections and reduce healthcare professionals time by having all the appropriate equipment together.

***Cath-It* -** Two layer system. Layer 1 catheter removal kit. Layer 2 catheter insertion kit

**(NB this pack does not include catheter, lubricating gel or saline).**

**Prescription – Order 3 packs initially, then re-order 1 pack at a time.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Sterile Catheterisation Pack | | | | |
| Indications and features | Facilitates aseptic non-touch technique to reduce risk of catheter associated urinary tract infections (CAUTI) | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity |  |
| Richardson H/C | Cath-it | 908410 / 370-1037 | Small gloves | 20 |  |
| Richardson H/C | Cath-it | 908420 / 370-1042 | Medium gloves | 20 |  |
| Richardson H/C | Cath-it | 908430 / | Large gloves | 20 |  |

**STERILE LUBRICATING GEL**

NICE guidelines (2012) state that urethral trauma and discomfort will be minimised if an appropriate single use sterile lubricating or anaesthetic gel is used.

“*Use lubricant from a sterile single use container to minimise urethral discomfort, trauma and the risk of infection.”1*.

Must not be used in those with hypersensitivity to ingredients

**Prescription – Order 3 items initially, then only re-order 1 item at a time.**

**NB single items not a pack**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Sterile Lubricant for Catheterisation | | | | |
| Indications and features | Reduces the risk of urethral trauma. Recommended for both male and female patients. Suitable for supra-pubic changes. | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity |  |
| Optimum Medical | Catheter gel: Optilube Active CHG | MPC:1167 | 6ml [female use] | 1 | **Includes lidocaine** |
| Optimum Medical | Catheter gel : Optilube Active CHG | MPC: 1168 | 11ml [male use] | 1 | **Includes lidocaine** |
| Optimum Medical | OptiLube  Water soluble | MPC:1125 | 6ml | 1 | **NO lidocaine** |
| Optimum Medical | OptiLube  Water soluble | MPC:1126A | 11ml | 1 | **NO lidocaine** |

**CLEANSING SOLUTIONS**

Sterile normal saline solution for topical irrigation and cleansing. Available in packs of 25 but please ONLY order x 3 pods for each patient. Order 1 pod when ordering a replacement catheter.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Cleansing solutions | | | | |
| Indications and features | Sterile normal saline solution for topical irrigation and cleansing | | | | |
| Manufacturer | Appliance |  | Size | Quantity |  |
| CD Medical | Irripod |  | Pod x 20ml | 1 |  |

**INTERMITTENT SELF CATHETERISATION**

Intermittent Catheters indications for use include:

Patients with incomplete bladder emptying, e.g. Neurogenic bladder disorders, particularly patients with multiple sclerosis, spina bifida, diabetes and spinal cord injury. It may also be used to prevent stricture reoccurrence following stricture surgery.

Performing intermittent catheterisation protects the upper urinary tract from reflux and reduces the threat of encrustation and infection.

Age should not prevent Intermittent Self Catheterisation (ISC) being considered as an option for patients as it is recognised that it is a safe and valuable procedure for older people with significant post void residuals.

There are various intermittent catheters available and patients should be assessed on an individual basis and given the choice depending on dexterity, environment, lifestyle, etc.

“*Intermittent catheterisation should be used in preference to an indwelling catheter if it is clinically appropriate and a practical option for the patient”(1)*

The bladder and bowel /urology specialist nurses have samples available if required to allow patients to choose the correct catheter, and full training will be given by the bladder and bowel specialist/urology nurses to both patients and carers.

Lubricating gel is not needed with these catheters as they are pre-lubricated. NICE Guidelines recommend the use of one gel and one hydro ISC on formulary

These catheters are for single use only

Pack sizes vary depending on manufacturer

**Prescription – Order will depend on how many catheters patient uses a day. Some patients may use 5-6 a day and may use a selection of different types depending on lifestyle.**

**Female ISC**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Intermittent catheters | | | | |
| Indications and features | Catheters for intermittent bladder drainage. Single Use only | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Clinisupplies | Prosys Sensacath | PSCF plus size | 10-16ch | 30 | **1st line** |
| Clinimed | Curan Lady | CL plus Ch size | 08ch – 14ch | 30 | **2nd line** |

**Male ISC**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Intermittent catheters | | | | |
| Indications and features | Catheters for intermittent bladder drainage. Single Use only | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Clinisupplies | Prosys Sensacath | PSCM plus size | 10ch-18ch | 30 | **1st line** |
| Clinimed | Curan Man | CM plus size | 12ch- 16ch | 30 | **2nd line** |

**NB: Alternative catheter are available if patients have specific needs or dexterity issues, please speak to Bladder and bowel specialist nurses for advice**

**ISC catheters with bags attached:**

**These catheters are ideal for patients when travelling or if toilet facilities are not accessible or appropriate.**

**Female**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Intermittent catheters | | | | |
| Indications and features | Catheters for intermittent bladder drainage with bag attached. Single Use only | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Coloplast | Speedicath compact set | 28520 10ch  28522 size 12ch  28524 size 14ch | 10ch-14ch | 30 | **Only option due to ease of use, experience of specialist nurses and minimal discomfort to patient** |

**Male**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Intermittent catheters | | | | |
| Indications and features | Catheters for intermittent bladder drainage with bag attached. Single Use only | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Coloplast | Speedicath compact set | 28422 | 12ch – 18ch | 30 | **Only option due to ease of use, experience of specialist nurses and minimal discomfort to patient** |

**Meatal Dilators (Male)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Meatal Dilators | | | | |
| Indications and features | Catheters for meatal strictures to maintain urethral opening and prevent narrowing. Single use only | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Wymedical | Wycath Meatal 11cm | WCM plus size | 8ch-18ch | 30 | **1st line** |

**INDWELLING CATHETERS FOR URETHRAL AND SUPRA-PUBIC USE**

Indwelling urinary catheterisation must be only undertaken as the last resort after all other alternatives have been considered. This is due to the increased risk of catheter associated urinary tract infection (CAUTI) with an indwelling catheter.

It is the responsibility of the health care professional to ensure they remain competent in the assessment process, management and procedures for catheterisation. Training is available via Learning & Development.

*“Catheterisation is an aseptic procedure and should only be undertaken by healthcare workers trained and competent in this procedure”(1)*

Wherever possible use smallest gauge catheter 12-14ch for urethral use. Use larger gauge 16-18ch for supra-pubic use.

All catheters in inpatient areas (with the exception of some specialist areas) are standard length to reduce the risk of a female catheter being inserted into a male patient inadvertently. Female catheters are available on **if required as per Trust policy**.

\*\* NB the service are aware of some patients suffering from a silicone catheter allergy – may need option of latex need to discuss with bladder and bowel specialist \*\*

**Prescription – Order 3 catheters initially (where long term catheterisation is indicated) and then only re-order 1 catheter at a time.**

**Long Term Urinary Catheters – up to 12 weeks:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Self-retaining long term indwelling all silicone catheter (up to 12 weeks) | | | | |
| Indications and features | **STANDARD length – use in male, female & supra-pubic:** | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity |  |
| Clinisupplies | ProSys  All silicone Foley Catheter. Prefilled syringe + empty syringe for balloon deflation | PCF12M10  PCF14M10  PCF16M10  PCF18M10 | **12ch**  **14ch**  **16ch**  **18ch** | 1 | **1st line** |
| Teleflex | Rusch Brilliant Aquaflate  All silicone with pre filled syringe +  empty syringe for balloon deflation | DA3101[Ch]  [Insert Ch required in code above] | **12ch – 24ch**  **Standard** | 1 | **2nd line** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Specialist **open ended catheters** (for urethral or supra pubic use) can offer an alternative for those patients experiencing problems with repeated bypassing and blockage. There is no tip to the end of the catheter creating an additional drainage channel. For more information on these products or any alternative catheter please contact the Bladder and bowel service or Urology Specialist Nurse | | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity |  |
| Clinisupplies | Prosys All-silicone open ended foley catheter | PCF plus size then M10E | **12-18ch Standard** | 1 | **1st line** |
| Folysil X-tra | Coloplast  Silicone open ended catheter with pre-filled syringe +  empty syringe for balloon deflation | AA8C[Ch]  [Insert Ch required in code above] | **12ch - 18ch Standard** | 1 | **2nd line** |
| ***Tiemann Tip Catheters*** *– these catheters have a tapered curved tip which is designed to negotiate the prostatic curve – To be used for problematic catheterisation in men with enlarged prostate only*  ***ONLY TO BE USED ON ADVICE FROM UROLOGY OR BLADDER AND BOWEL SERVICE*** | | | | | |

**CATHETER RETAINING STRAPS**

It is essential that the catheter is secured properly to help to reduce pulling on the catheter which will minimise the risk of urethral trauma. *“Best practice suggests catheters are secured to avoid trauma” (2)*

The straps can be worn around the thigh and fastened securely. Abdominal straps are also available. They can be washed up to 5 times and re-used.

**Order 1 box of 5 initially and re-order.1 box every 6 months**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Catheter Tube Stabilisation Device **G Strap** | | | | |
| Indications and features | Reduces the risk of trauma to the urethra by holding the catheter securely in place on the thigh. | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Clinisure | catheter retaining strap | Adult CSRS60  Adult CSRS100 | 60cm  100cm | 5  5 | **1st line** |

**Adhesive strap – Fixation Devices - Order 1 box initially and re-order every month.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Catheter Tube Stabilisation Device | | | | |
| Indications and features | Designed to fix and support urethral and supra-pubic catheters at the catheter bifurcation The adhesive type straps can be worn for up to seven days | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Optimum Medical | Ugo Fix Gentle catheter clip | 3004 | N/A | 5 | **1st line** |
| Bard | Statlock  \*\*Not to be used for patients with friable skin\*\* | FOL0102DT | N/A | 5 | **2nd line** |

**CATHETER VALVES**

Ideally these should be considered as first choice as opposed to free drainage via a urine bag, unless a medical reason is stated or by patient choice.

**Contra-indications:** reduced bladder capacity, no bladder sensation, cognitive impairment, poor manual dexterity and renal impairment.

**Please note catheter valves should not be used for patients following post-radical prostatectomy.**

Catheter valves should be changed every 5-7 days

Most patients connect to a night drainage bag to prevent waking at night

The catheter valve must be released regularly every 2 to 4 hours or as required to prevent over distension of the bladder

**Prescription – Order 1 box of (5) catheter valves initially, then re-order 1 box at a time.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Category | Catheter Valves | | | |
| Indications and features | Allows drainage of urine from a catheterised bladder without the need for a permanently attached drainage bag. | | | |
| Manufacturer | Appliance | Product code | Pack size |  |
| Clinisupplies | ProSys Valve | PCV3942 | 5 | **1st line** |

**STERILE LEG BAGS**

Leg bags should remain connected for approximately 5-7 days. More frequent change is normally unnecessary and breaks the closed system, thereby increasing the risk of infection.

**Prescription – Order 1 box of 10 leg bags initially and then re-order 1 box of 10 every alternate month.**

**\*\*Please note that when patients are discharged from the Acute sector with an indwelling catheter, they should be provided with a seven day supply of leg bags / night bags\*\***

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Leg Bags | | | | |
| Indications and features | Leg bags can be worn in different positions on the leg. The intended position i.e. thigh or calf will determine the length of the inlet tube. Some leg bags have anti kinking tube. **Also available in 350mls and 750mls bag capacity** | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Clinisupplies | ProSys sterile leg bag (including 1 pair non latex gloves and 1 pair straps) | PH500S-LT (lever tap)  P500S (click – close tap) | 500ml (short tube)  500ml (short tube) | 10  10 | **1ST line** |
| Clinisupplies | ProSys sterile leg bag (including 1 pair non latex gloves and 1 pair straps) | PH500L-LT (lever tap)  P500L (click – close tap) | 500 ml (long tube)  500 ml (long tube) | 10  10 | **1st line** |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Non – sterile leg bags are **not** to be used with indwelling urinary catheters but are available **for use with penile sheaths**: | | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Flexicare non sterile leg bag | **Non sterile leg bag** | 00-3501 | 500mls adjustable tube | 10 | **1st Line** |

**Specialist Bags**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Specialist Bags | | | | |
| Indications and features | Self-emptying system for those with limited movement. Suitable for wheelchair users | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Coloplast | Simpla Plus Syphon | 21566 | 750mls (6cm tube) | 10 |  |
| Coloplast | Simpla Plus Syphon | 21567 | 750mls (25cm tube) | 10 |  |
| Manfred Sauer | Discreet Thigh bag | 721.3200S | Corner inlet 500mls | 10 |  |
| Manfred Sauer | Discreet Thigh bag | 720.3200S | Direct centre inlet 500mls | 10 |  |
| Manfred Sauer | Bendi bag leg bag | 70.33/12S | 700mls (12cm tube) lever tap | 10 | \***alternative taps / lengths and capacity available** |
| Indications and features | Belly bags to worn round the waist belted, can be **used for up to 28days** | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Teleflex | Rusch Belly Bag | B1000 | 1000mls | 1 |  |
| Teleflex | Rusch Belly Bag | B1000CT | 1000mls with extended drainage tube | 1 |  |
| Teleflex | Rusch Belly Bag | B1000P | 1000mls – needle free sample port | 1 |  |

**LEG BAG SLEEVES**

These leg bag sleeves are an alternative support to the leg straps which are provided with the leg bag. These can be worn on the thigh or on the calf. Patient’s leg must be measured to ensure correct fit.

**Prescription – Order 1 box of 5 initially and re-order 1 box every 6 months**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Leg Bag Holders | | | | |
| Indications and features | Provides much better support than leg straps. Latex-free fabric. The sleeve encases the leg bag to hold it against the patient’s leg. Washable and reusable | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Clinisupplies | ProSys leg bag sleeve | PLS3881 | Small yellow  24-40cm | 4 |  |
| Clinisupplies | ProSys leg bag sleeve | PLS3904 | Medium blue 36 – 50cm | 4 |  |
| Clinisupplies | ProSys leg bag sleeve | PLS3928 | Large beige 40 – 65cm | 4 |  |

**NIGHT DRAINAGE BAGS**

**Prescription – Order 30 Night Bags (3 packs) initially and re-order 3 packs every month**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Night Drainage Bags Non Drainable, Non Sterile, Single-Use Only | | | | |
| Indications and features | Single-use only that require changing every night.  Night bags should be directly connected to the leg bag to maintain a closed system. The position of the bag should be below the bladder level to enhance drainage. A night stand should be used to support the night bag.  They must be disposed of correctly following Trust guidelines. | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Clinisupplies | Prosys night bag | P2 | 2litre | 10 replace every night | **1st line** |

**STERILE DRAINABLE NIGHT BAGS**

Sterile drainable night bags **must** only be used on patients who remain in bed and/or where the night bag is attached directly to the catheter.

All night bags should be placed on a stand so the tap is clear of the floor.

All bags must stay in place for 5-7 days. There is no need for a spare box of sterile night bags in the patient’s house as one box should last ten weeks.

**Prescription – 1 box of 10 drainable night bags initially and then re-order 1 box of 10 every alternate month**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Night Drainage Bags | | | | |
| Indications and features | Sterile drainable night bags only to be used with patients who remain in bed and/or where the bag is attached directly to the catheter | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Clinisupplies | ProSys | P2000-LT  P2000 | 2 litre with lever tap  2 litre with slide tap | 10 replace every 5-7days | **1st line** |

**CATHETER STANDS**

These are not available on FP10 prescription but can be obtained from the relevant companies who are supplying leg and night bags as a complementary item as part of the prescription.

**\*\*Please note: patients discharged from the Acute sector, with an indwelling catheter, should be discharged with a catheter stand – as these are single patient use and are issued whilst in hospital\*\***

**SHEATHS**

Can offer a valuable alternative method of urinary incontinence management in men. They are single use, adhesive sheaths applied to the penis, then attached to a drainage bag.

Appropriate assessment must be undertaken by an appropriately trained healthcare professional.

Patients must be measured properly including girth and length.

Sheaths may be left in place for 1-3 days between changes

*Patients must meet the following criteria for a sheath to be successful:*

* *A non-retracted penis*
* *Healthy unbroken skin*
* *No risk of sheath being pulled off*
* *Reasonable mental awareness, manual dexterity and good eyesight or carer availability*

**Trial packs of sheaths and measuring devices are available, please contact the Manufacturer (see below).**

**Please ensure that the sheath is working effectively before prescribing.**

**Prescription – Order 1 box of 30 sheaths initially and re-order 1 box of 30 every month**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Incontinence Sheaths | | | | |
| Indications and features | Alternative method of urinary incontinence management in men. Single use adhesive sheaths applied to the penis then attached to a drainage bag. | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Coloplast | Optima  Non latex, self sealing. | Shorter:  221+ add size  Standard:  220+add size | **Shorter length:**  21mm, 25mm,30mm, 35mm diameter, styles:  **Standard length**: 25mm, 28mm, 30mm, 35mm, 40mm diameter | 30 | **1st line** |

**RETRACTED PENIS POUCH (Male urinary pouch)**

Single use adhesive urinary pouch applied to the penis then attached to a drainage bag

**Trial packs of pouches are available, please contact the bladder and bowel service.**

**Please ensure that the pouch is working effectively before prescribing.**

**Prescription – Order 1 box of 30 pouches initially and re-order 1 box of 30 every month or as required**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Retracted Penis Pouch | | | | |
| Indications and features | Alternative method of urinary incontinence management in men. Single use adhesive urinary pouch applied to the penis then attached to a drainage bag. | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Hollister | Retracted Penis Pouch 250mls with Flextend skin barrier | 9873 | One size: Cut to fit.  1-1.5inches in length. | 10 |  |

**Further specialist equipment is available, please contact Bladder and bowel service direct to discuss individual patient needs**

**CATHETER MAINTENANCE SOLUTIONS**

Catheter maintenance solutions should only be used where clinically indicated. Rationale for use, indication of proposed duration of regime and a review date should be documented (RCN Catheter Care 2021)

There is limited clinical evidence regarding the use of catheter maintenance solutions and advice is that they should not be used routinely. Risk of infection is increased each time the closed system is broken

They are available on prescription for the treatment of specific conditions but should only be used following thorough assessment as they can cause shedding of epithelial cells within the bladder.

EPIC 3 guidance suggests that there is no benefit in using these solutions in preventing CAUTI’s. There are a number of different solutions, each with their own indications for use and therefore the manufacturer’s instructions should always be followed

It is important to diagnose the exact reason for blockage to ensure the correct course of treatment.

Record in patient notes including catheter passport the pH daily, date of catheterisation and length of time it remains patent. If the catheter blocks, cut it open lengthways and observe for crystal formation or debris. The ‘life’ of 3-5 catheters should be monitored to establish a pattern.

Normal pH 6-7. Bacteria from catheterisation secrete the enzyme urease which breaks down urea (in urine) which releases ammonia. Ammonia is alkaline which raises pH and causes crystals to form. Thus alkaline urine (high pH) is a strong indicator of potential blockage due to encrustation.

Even if there is no sign of the catheter blocking, research has shown that the critical pH is 6.8 at which point crystals will begin to form in and around the catheter.

Once encrustation is diagnosed and a pattern established, the use of catheter maintenance solutions and planned catheter changes can be adopted to reduce encrustations and prolong catheter life.

Solutions bathe the catheter lumen and tip to dissolve the crystals and re-acidify the urine which helps to prevent further encrustation.

**Rationale:** Two sequential ‘washouts’ of acidic solution can be significantly more effective in dissolving encrustation than one larger amount.

**Selecting the right solution:**

**Sodium Chloride (NaCl 0.9%):**

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| --- | --- | --- | --- | --- | --- |
| Category | Catheter maintenance solutions | | | | |
| Indications and features | Is recommended to flush out debris and mucus. It has a purely mechanical action  **Do not use for encrustation** | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Urotainer NaCl 0.9% | Urotainer | FB99849 | 50ml | 1 |  |

**Citric Acid 3.23%:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Catheter maintenance solutions | | | | |
| Indications and features | Consider if pH >6.8  Is recommended for ‘blockers’  Can be used prophylactically to prevent encrustation  Measure pH to determine how often to use it  Maximum dosage is twice daily  Do not use for debris / mucus | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Urotainer Twin Suby G 3.23% citric acid | Urotainer | 9746609 | 2 x 30ml | 1 |  |

**Citric Acid 6%:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Catheter maintenance solutions | | | | |
| Indications and features | Consider if pH >7.7 and citric acid 3.23% is ineffective  Is recommended prior to changing a blocked catheter to reduce urethral trauma  For use with persistent ‘blockers’  Maximum dosage is twice daily  If irritation is experienced stop  Do not use for debris / mucus | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Urotainer Twin Solution R 6% citric acid | Urotainer | 9746625 | 2 x 30ml | 1 |  |

**Catheter maintenance -** I**nstilling solutions:**

* Use an aseptic technique including sterile gloves
* Follow manufacturers guidelines
* Instil using gravity; do not exert pressure (to avoid damaging bladder mucosa).

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| --- | --- | --- | --- | --- | --- |
| Category | Bladder Infusion Kit | | | | |
| Indications and features | The bladder infusion kit maintains the closed system and is suitable for patients who have more than 2 maintenance solutions per week | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| L.IN.C Medical | Bladder Infusion it | MCI/701 OR 378 3883 | N/A | 10 |  |

**URINALS / URINE DIRECTORS**

There is a wide range of products available on FP10

Patients will require assessing for the appropriateness of using urinals, due to many factors including hand dexterity, eye sight and co-ordination. For further advice contact the bladder and bowel service

|  |  |  |
| --- | --- | --- |
| cid:image001.png@01D3E848.92772ED0  F**emale Bridge**  **Urinal with tap** | • Female Bridge Urinal with tap  • Helpful for ladies with restricted movements/  mobility problems or to assist carer  • Useful for ladies in  wheelchairs  • Patients need to be sitting for effective use  • Useful for ladies who void large amounts of urine as a 2litre drainage bag can be attached to the urinal | Beambridge Medical  6.18T  PIP Code  267-5304 |
| cid:image013.png@01D3E849.52F263F0    **Lady funnel – Female Urine directors / positioners** | • Useful for ladies who are unable to sit on the toilet to pass urine and can be attached to a 2 litre urine drainage bag | Beambridge Medical  6.40  PIP Code  277-1111 |
| cid:image014.png@01D3E849.52F263F0  **Saddle Urinal** | • Helpful for ladies with mobility problems or to assist carer  • For ladies who void large amounts of urine. | Beambridge Medical  6-26  PIP Code  271-7221 |
| **Lady Jug** | Must be used with the lady sitting on the edge of the bed or chair. | Beambridge Medical  6-45  PIP Code  237-6291 |
| **Urine directors /**  **Positioners Male** | • Male Funnel  • Useful for men with retracted penis or difficulty in directing flow  • Helpful for males with mobility problems  • Can be used to aid toileting where there is difficulty managing a  urinal by attaching a 2 litre drainage bag  • Available in 4 sizes | Beambridge  Medical:  Male funnel  Male funnel  mini  Youth funnel  Adult funnel  Product  code  6- 35  6-35M  6- 38  6-37  (PIP code)  262-5960  301-0667  340-0934  340-1007 |
| **Male draining jug with tap** | • Helpful with patients with mobility problems  • For men who void large volumes of urine a 2 litre drainage bag may be used to accommodate larger volumes of urine | Beambridge  Medical  6-50T  (PIP code)  6-5OT |
| cid:image018.png@01D3E849.52F263F0  **Male Pocket Urinal** | • Useful for men when travelling  • Small enough to put in pocket  • Advise re washing using soapy water, do NOT use disinfectant or bleach.  • Advise re turning urinal inside out to wash & dry  • Advise re-checking rubber  lining is not perished to avoid accidents. | Manfred  Sauer  URIbag  Male |
| **Female Pocket**  **Urinal** | • Useful for women when travelling  • Small enough to put in pocket  • Advise re washing using soapy water, do NOT use disinfectant or bleach.  • Advise re turning urinal inside out to wash & dry  • Advise re-checking rubber lining is not perished to avoid accidents. | Manfred  Sauer  URIbag F |

**Guidelines for the use of Trans Anal Irrigation (TAI) as a Treatment for Chronic Constipation or Faecal Incontinence Refractory to Standard Treatments in Adults**

**What is Trans Anal Irrigation (TAI)?**

TAI is a treatment for constipation or faecal incontinence which allows washout of the lower bowel. Instillation of water produces rectal distension and is thought to stimulate peristalsis. It is self-administered by the patient at home, after adequate training in the use of equipment designed for this purpose. This is minimally invasive, safe and effective for the management of bowel dysfunction which is refractory to standard treatments. The purpose of this document is to provide criteria for the use of TAI.

**Efficacy & Safety**

A review by Emmett et al (2015) concluded the success rate of TAI in the management of constipation is around 50%. This can be considered adequate given the chronic, refractory nature of symptoms and the simple, reversible nature of this treatment (Christensen et al, 2010). Etherson et al (2016) found around 60% of patients with chronic constipation refractory to all other non-surgical treatments used TAI for an extended period of time (1-2 years or more) and felt their symptoms were significantly improved.

TAI has been extensively reported as simple to perform and safe (Christensen et al, 2009), with the estimated risk of the most serious complication (TAI induced colonic perforation) being less than 0.0002% per irrigation (Emmanuel et al 2013). A systematic review and meta-analysis by Emmett et al (2015) found that minor side-effects (abdominal cramps, ano-rectal pain, anal canal bleeding, leakage of irrigation fluid and expulsion of rectal catheter) were experienced by some patients.

**Eligibility for use**

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| --- | --- |
| **Chronic constipation (in absence of red flags)** | **Chronic faecal incontinence: (in absence of red flags)** |
| **Patient fulfils all of the following:**   * Diagnosis (following bowel assessment) of constipation which may be idiopathic, IBS-C, opioid induced, neurological or result from obstructive defaecation syndrome * Inadequate response to at least 2 types of laxatives used at maximum tolerated dose * Inadequate response to biofeedback therapy and /or lifestyle changes * Inadequate response to specialist initiated drugs if indicated and available locally e.g. Prucalopride, , Linaclotide, Naloxegol * Symptoms present > 6 months | **Patient fulfils all of the following:**   * Diagnosis (following bowel assessment) of faecal incontinence which may be idiopathic, IBS-D, neurological or result from obstructive defaecation syndrome or low anterior resection syndrome (LARS) * Inadequate response to biofeedback therapy and /or lifestyle changes * Inadequate response to constipating medication * Symptoms present >6 months |

**NB Patients with severe (bed-bound) neuro-constipation need not fulfil severity criteria, biofeedback & lifestyle measures. Those at risk of faecal incontinence need not have full trials of laxatives or specialist initiated drugs.**

There are a range of products available which may benefit different clinical presentations. Where patients can manage any product, the most cost effective option should be used. Patients are reviewed and supported by their specialist healthcare professional (HCP) until an effective regime is established. They are then discharged back to the care of their GP.

**How to prescribe**

The Specialist HCP will advise the GP, in writing, of what to prescribe (including name and codes) and frequency of ordering. Please note, initial prescriptions may be requested before or after initiation of TAI depending on local arrangements within services. On-going prescriptions are the responsibility of the GP. In the event of any queries, the patients and / or GP should contact the Specialist Service for advice.

**When to stop TAI**

For those patients with refractory bowel dysfunction whose symptoms improve with TAI, it should be considered as a long term management solution. The therapeutic effect may reduce over time and treatment should be discontinued if it becomes ineffective (following adjustments from the specialist team). If any of the following occur, TAI should be discontinued and the Specialist HCP consulted for further advice: ***Pregnancy, colorectal cancer, change in bowel habit until cancer is excluded, during chemotherapy, during episodes of active IBD, anal /colo-rectal stenosis, active diverticulitis, ischaemic colitis, for 3 months post rectal /colo-rectal surgery, for 12 months post radical prostatectomy, for 4 weeks post polypectomy.***

**References:**

Christensen P, Krogh K, Buntzen S, Payandeh F, Laurberg S, (2009)

*“Long-term outcome and safety of transanal irrigation for constipation and faecal incontinence*,” Diseases of the Colon and Rectum, vol. 52, no. 2, pp. 286–292

Christensen P, Krogh K. (2010) *Transanal irrigation for disordered defecation: a systematic review*. Scandinavian Journal of Gastroenterology. 45(5): pp517–27

Emmanuel A.V, Krogh K, Bazzocchi G et al. (2013) *“Consensus review of best practice of transanal irrigation in adults*,” SpinalCord, vol. 51, no. 10, pp. 732–738

Emmett C.D, Close H.J, Yiannakou Y, Mason J.M (2015): “*Trans-anal irrigation therapy to treat adult chronic functional constipation: systematic review and meta-analysis”* BMC Gastroenterology 15:139DOI 10.1186/s12876-015-0354-7

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**PRODUCT INFORMATION**

|  |  |  |  |
| --- | --- | --- | --- |
| **PRODUCT** | **PACK CONTENTS** | **CODE** | **FREQUENCY**  **(based on 15 irrigations per month)** |
| Aquaflush Compact | 1 hand pump, 15 cones | AFCM | 1 per month |
| Qufora Irrisedo MiniGo System | 1 hand pump, 30 cones | QMGO | 1 per 2 months |
| Qufora Irrisedo MiniGo Flex | 1 hand pump, 30 cones | QMGOFLEX | 1 per 2 months |
| Aquaflush Compact Plus | 1 hand pump, 15 cones | AFCPM | 1 per month |
| Aquaflush Lite | 1.2L water bag, pump, tube, 15 cones | AFLM | 1 per month |
| Qufora Irrisedo Cone System | 15 cones, 1 water bag with pump | QTM | 1 per month |
| Qufora Irrisedo Flow | 30 cones, 1 water bag with pump | QFLOWSET | 1 per 2 months |
| Peristeen Plus  balloon catheter System | Control unit, water bag, tubing, 2 balloon catheters | 29140 | 1 per 6 months |
| Peristeen Plus Balloon catheter  Accessory Unit | 15 catheters, water bag | 29142 | 1 per month |
| Peristeen Plus Cone catheter System | Control unit, water bag tubing, 2 cones | 29160 | 1 per 6 months |
| Peristeen Plus Cone catheter Accessory Unit | 15 cones, 1 water bag | 29162 | 1 per month |
| Qufora Klick Catheter Set | Water bag, 15 rectal catheters, tubing | QKCATH | 1 per month |
| Qufora Klick Control Unit | Unit and velcro strap | QKCONTROL | 1 per 6 months |
| Navina Smart System | Smart control unit (touch sensitive), water container, tubes, 2 rectal catheters / cones | 69009 (2 catheters)  69019 (2 cones) | 400 uses or 2 years  400 uses or 2 years |
| Navina Classic System | Control unit (hand pump), water container, tubing, 2 catheters /cones | 69005 (2 catheters)  69017 (2 cones) | 1 per 6 months  1 per 6 months |
| Navina Consumable Set | Water bag, 15 catheters / cones | 69003 (15 catheters)  69016 (15 cones) | 1 per month  1 per month |
| Navina Tubing Set | Tubing | 69011 | 1 per 6 months |

**ANAL INSERTS**

Anal inserts offer an alternative to incontinence pads in the management of faecal incontinence. These devices are inserted into the rectum and help to prevent bowel leakage.

They should not be used without assessment by an appropriate health professional. Following the discontinuation of Coloplast Anal plugs – Renew inserts are now 1st line. Please contact the Adult Bladder and Bowel service to discuss alternatives.

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| --- | --- | --- | --- | --- | --- |
| Category | RENEW Inserts: | | | | |
| Indications and features | Renew Inserts are made from supple silicone that adapts to the body for a soft and comfortable fit. They ae safe to wear day and night, and are simple to remove prior to a bowel movement. Renew Inserts and the hygienic fingertip applicators are single use | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Renew Medical | Renew Insert Anal Plug | FG 730  FG 731 | Regular  Large | 30  30 |  |

**FAECAL COLLECTOR**

Correct fitting is important for comfort and to ensure they are effective, you are recommended to ask a health care professional with experience of faecal collectors for help.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Category | Drainable Faecal collector | | | | |
| Indications and features | Maintain skin integrity and/or protect perianal skin from breakdown.  Contains odour & increase patient comfort | | | | |
| Manufacturer | Appliance | Product code | Size | Quantity in pack |  |
| Hollister Faecal Collector | Hollister Ltd | 9822  9821 | 500ml  1000ml | 10  10 |  |

References:

1. Loveday HP, Wilson JA, Pratt RJ et al. 2013. Epic 3: National Evidence-Based guidelines for Preventing Healthcare-Associated Infections in NHS Hospitals in England. Journal of Hospital Infection; 86S1 : S1-S70.
2. National Institute for Health and Care Excellence 2017. Clinical Guidance CG139 139. Infection: Prevention and Control of Healthcare-associated Infections: Prevention and control in Primary and Community care. London: National Institute for Health and Care Excellence
3. RCN Catheter Care 2021 Catheter care RCN Guidance for Health Care Professionals RCN London