

System-Wide Guidelines for the Prescribing of Continence appliances and accessories

Contents

System-Wide Guidelines for the Prescribing of Continence appliances and accessories	1
Guidance on the Use of this formulary.....	2
Urinary Catheters.....	3
Indwelling urinary catheters	3
Catheter Drainage Bags	8
Leg bags.....	8
Non-sterile leg bags for sheaths	9
Night drainage bags	9
Catheter valves	10
Catheter Accessories.....	11
Extra Catheter Leg Bag Straps	11
Catheter straps.....	11
Leg bag holder/sleeve	12
Lubricating Gels.....	12
Lubricant with anaesthetic.....	13
Lubricant only	13
Incontinence Sheaths.....	13
Barrier preparation for use with Urinary sheaths ONLY	14
Catheter Maintenance Solutions (CMS)	15
Accessories.....	15
Medical Adhesive removers.....	15
Barrier Wipes	16
Cleansing solutions, wipes	16
Disposable gloves.....	16
Training	16
Monitoring	16
References	16
Appendix 1 - Continence Appliance Request	18
Appendix 2 – CPFT Catheter Maintenance Solution Questionnaire	26
Appendix 3 – Link NHS Catheter Passport / Card	26

Guidance on the Use of this formulary

The products listed in this formulary have been selected with reference to the PrescQIPP Continence Formulary Working Party, Sussex Community NHS Trust continence formulary, CPFT Bladder and Bowel Service, CPFT Medicines Management Team and ICB Medicines Optimisation Team. Judgement was based on expert opinion, experience, and evidence of clinical and cost-effectiveness in bladder dysfunction.

The products recommended should be the first choice and would be suitable for the majority of patients. However, after a comprehensive patient clinical continence assessment it may be appropriate to choose an alternative – see below.

- Product selection should be made to meet patient's individual needs, as not all continence products are suitable for all.
- Any continence appliance can significantly affect patients and carers physically, socially, psychologically, and sexually. Consider all of these when prescribing a continence product.

Indwelling urinary Catheterisation must be only used as a last resort after all other alternatives have been considered, due to the increased risk of catheter related urinary tract infections. Patient monitoring and ongoing support is essential to prevent urinary tract infections and improve quality of life for those patients.

Ordering Supplies

- Community pharmacy – should stock the most common products, but 48 hours may be required to order some continence products.
- Dispensing appliance contractors (DAC) – GP Practices should not issue prescriptions retrospectively for the DAC. Please refer to the [guideline and issuing document](#) for further information
- When a catheter product is no longer required by the patient or has been changed, GP practices should ensure computer systems are updated and repeats are removed for the discontinued item. Overuse of items should prompt referral to the Bladder and Bowel Specialist nurse for review.

Always prescribe the quantity rather than an original pack (OP). OP may be interpreted as a single item or piece. Community pharmacists may be able to give advice on the correct pack size.

It is helpful if the manufacturer and catalogue number of the required item (if known) can be quoted on the prescription.

Continence accessories such as barrier creams and wipes should not need to be used regularly and should only be prescribed if patients have moisture damage to their skin or on specialist advice from the Tissue Viability Nurse. Adhesive removers should only be prescribed on the recommendation of the specialist Bladder and Bowel service.

Please see : [Barrier Creams and Incontinence Pads Guidance](#)

Bladder and Bowel Service

This formulary must be used for:

- All new patients
- All current patients when a re-assessment is due.

Advice and support available from your local Bladder and Bowel Specialist nurse:

- Peterborough: **0330 726 0077**
- Cambridge, Ely, Fenland, Huntingdon and Wisbech: **0330 726 0077**

Requests for items to be added to the formulary should be directed to your local Bladder and Bowel Specialist nurse or the Medicines Optimisation Team.

Latex – Practitioners are advised that only products described by their manufacturers as ‘Latex Free’ can be relied upon to contain no latex.

- **All prices taken from November 2025 Drug Tariff**

Urinary Catheters

Indwelling urinary catheters

- Assess **all** patient’s suitability at each catheter change for a trial without a catheter (TWOC)
- **‘Standard/male’ length urinary catheters must always be used for men** but are also suitable for women.
- Female length urinary catheters are suitable for ambulant women only (Not suitable for use in obese, bed or chair bound women).
- A prescription must be authorised by the prescriber prior to ordering / delivery of catheters, this will prevent excessive ordering, both in quantity and frequency.
- All catheters listed have universal fittings for any make of leg or night bags and are suitable for both urethral and supra-pubic use.
- **Catheters are packaged as single use. Prescribe the smallest size that provides adequate drainage to avoid bypassing problems.**
- **If the catheter life of a long-term catheter is less than 4 weeks, consider a short/medium term catheter.** Refer to your local Bladder and Bowel service for advice.
- **Contact your local Bladder and Bowel Specialist nurse for advice if frequent re-catheterisation, bypassing, or blocking occur.**

Foley Catheters

For Short / Medium Term Use – Adult (not for latex allergy)

- **Recommended use up to 28 days.**
- For newly catheterised patients **2 catheters** should be supplied on an **ACUTE** prescription.
- **For on-going supply 1 catheter should be added to the patients repeat** with a maximum annual quantity of 12.

1st Choice: RUSCH PTFE AQUAFLATE. PTFE COATED LATEX with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation.

	Cat. No.	Balloon size	Gauge Size	Cost	Usual Quantity
Male (Standard)	DP3101 12-24	10ml balloon	12-18Ch	£2.36	One every month
Female	DP2101 12-24	10ml balloon	12-18Ch	£2.36	One every month

Catheters for long term use:

For all Long Term Catheters:

- For newly catheterised patients **2 catheters** should be supplied on an **ACUTE** prescription.
- **For on-going supply 1 catheter should be added to the patients repeat** with a maximum annual quantity of 4.

Hydrogel catheters – Adult (*not for latex allergy*)

- Recommended use up to 12 weeks.

1st Choice: RUSCH SYMPACATH AQUAFLATE HYDROGEL COATED LATEX with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation.

	Cat. No.	Balloon size	Gauge Size	Cost	Usual Quantity
Male (Standard)	DH3101 12-24	10ml balloon	12-24Ch	£6.75	One every 12 weeks
Female	DH2101 12-24	10ml balloon	12-24Ch	£6.75	One every 12 weeks

2nd Choice: Bard Biocath Hydrogel Coated

	Cat. No.	Balloon size	Gauge Size	Cost	Usual Quantity
Male (Standard)	D2265	10ml balloon	12-26Ch	£9.41	One every 12 weeks
Female	D2269	10ml balloon	12-22Ch	£9.53	One every 12 weeks

All Silicone – Adult (*latex free*)

- Recommended use up to 12 weeks.
- Silicone catheters can occasionally deflate in situ, causing balloon cuffing on deflation. This causes difficult and uncomfortable catheter removal, particularly for those with a supra-pubic catheter.
- Some patients find silicone catheters firmer, causing more discomfort than softer latex catheters.

1st choice: RUSCH BRILLIANT AQUAFLATE ALL SILICONE with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation.

	Cat. No.	Balloon size	Gauge Size	Cost	Usual Quantity
Male (Standard)	DA3101 12-24	10ml balloon	12-24Ch	£6.25	One every 12 weeks
Female	DA2101 12-24	10ml balloon	12-24Ch	£6.25	One every 12 weeks

2nd choice: Clinisupplies All Silicone Foley Catheter (formerly Great Bear) with pre-filled syringe of purified water for balloon inflation and supplementary syringe for balloon deflation

	Cat. No.	Balloon size	Gauge Size	Cost	Usual Quantity
Standard	4833-05 12-24	10ml balloon	12-24Ch	£6.60	One every 12 weeks

Open Ended catheters

- Recommended use up to 12 weeks.
- For urethral / supra-public use, as an alternative for patients with repeat bypassing and blockages.

1st choice: COLOPLAST FOLYSIL OPEN TIP ALL SILICONE with sterile water filled syringe for balloon inflation and empty syringe for balloon deflation. (Add size to end of catalogue number)

	Cat. No.	Balloon size	Gauge Size	Cost	Usual Quantity
Male (Standard)	AA8C 12-18	10ml balloon	12-18Ch	£7.07	One every 12 weeks

2nd choice: LINC Medical All Silicone Open Tipped Suprapubic Catheter with integral balloon, glycerine filled syringe and a syringe of lidocaine/chlorhexidine lubricant gel

	Cat. No.	Balloon size	Gauge Size	Cost	Usual Quantity
Standard	08451205G- 08451405G	5ml balloon	12-14Ch	£11.36	One every 12 weeks
Standard	08451610G- 08452410G	10ml balloon	16-24Ch	£11.36	One every 12 weeks
Female	08471205G- 08471405G	5ml balloon	12-14Ch	£11.36	One every 12 weeks
Female	08471610G- 08472010G	10ml balloon	16-20Ch	£11.36	One every 12 weeks

- If catheter continues to block seek advice from Bladder and Bowel service.

Nelaton Catheters: For Intermittent Self Catheterisation (ISC)

- Where possible intermittent catheterisation should be considered as first line and gold standard.
- Assess each patient individually to ensure the correct catheter is prescribed to meet the patient's needs.
- These are for single use only.
- How many a patient uses a day depends on their medical reason for single use ranging from a combined total of 1 to 6 times daily.
- Suitable for patients with incomplete bladder emptying, e.g., neurogenic bladder disorders, particularly patients with multiple sclerosis, spina bifida, diabetes and spinal cord injury.
- Suitable for use in patients following stricture surgery to prevent stricture reoccurrence.

- Patient needs good dexterity and cognitive ability.
- Help to reduce catheter associated urinary tract infections.
- Lubricating gel is not needed with these catheters as they are pre-lubricated.

All patients to be supported by the Bladder and Bowel Specialist team.

1st choice: BD ready to use Hydrophilic catheter.

RECOMMENDED SPECIALIST ADVICE ONLY

	Cat. No.	Size	Cost per pack	Cost per catheter	Usual Quantity
Male (Standard)	RTU12M-RTU16M	12-16Ch	£39.47	£1.32	30 (1 pack) per month, up to a maximum of 6 packs
Female	RTU10F-RTU14F	10-14Ch	£39.47	£1.32	30 (1 pack) per month, up to a maximum of 6 packs
Male Coude Tip	RTU12C – RTU16C	12-16Ch	£39.47	£1.32	30 (1 pack) per month, up to a maximum of 6 packs

2nd choice: Coloplast SPEEDICATH (Pre-hydrated Polyurethane)

RECOMMENDED SPECIALIST ADVICE ONLY

	Cat. No.	Size	Cost per pack	Cost per catheter	Usual Quantity
Male (Standard)	27408 - 27418	8-18Ch	£49.11	£1.64	30 (1 pack) per month, up to a maximum of 6 packs
Female	27508 - 27516	8-16Ch	£49.11	£1.64	30 (1 pack) per month, up to a maximum of 6 packs
Male Tieman tip	27490 - 27496	10-16Ch	£49.56	£1.65	30 (1 pack) per month, up to a maximum of 6 packs

The smaller, discreet catheters for ISC (listed below) are **ONLY** to be prescribed on advice from the Continence Team - **RECOMMENDED SPECIALIST ADVICE ONLY**

2nd choices:

Product		Cat. No.	Size	Cost per pack	Cost per catheter	Usual Quantity
Coloplast SPEEDICATH COMPACT PLUS	Female	28810-28814	10-14 Ch	£53.17	£1.77	30 (1 pack) per month, maximum 3 packs
Coloplast Speedicath compact male	Male (Standard)	28692	12-18 Ch	£59.97	£2.00	
Hollister Vapro pocket No Touch Urethral Hydrophilic Intermittent Catheter <i>(formerly Hollister VaPro Pocket Hydrophilic Intermittent Catheter)</i> - discreet packet can be bent into a wallet	Male (Standard)	70104-70164	10-16 Ch	£56.79	£1.89	

Catheter Drainage Bags

Leg bags

- All catheter drainage bags connected directly to a catheter should be sterile.
- Leg bags may be worn in different positions on the leg, i.e., inside thigh/calf, which is an individual choice, and this will determine the length of the inlet tube.
- Maintaining a closed drainage system (i.e., not removing the leg bag when attaching a night bag) reduces the risk of infection.
- The leg bag must remain connected to the catheter and linked to the night bag if additional drainage capacity is required overnight.
- If a bag becomes contaminated, or disconnected from the catheter, it must be changed.
- These leg bags have a needle free sample port for CSU collection.

Leg bags should be changed every 5 to 7 days (manufacturer's recommendation).

- No more than one box of ten should be issued on alternate months (6 x 10 boxes per year). – **1 box should be added to the repeat template with a max issue of 6 in 12 months**

1st Choice: Teleflex Medical RUSCH Sterile Leg Bag

Size	Cat. No.	Cost per 10	Usual Quantity
350ml short tube with slide tap	850361-000350	£23.32	10 every 2 months (1 pack of 10 every 2 months or 5 single units per month)
350ml short tube with lever tap	850363-000350	£23.32	
350ml long tube with slide tap	850362-000350	£23.32	
350ml long tube with lever tap	850364-000350	£23.32	
500ml short tube with slide tap	850361-000500	£24.80	
500ml short tube with lever tap	850363-000500	£24.80	
500ml long tube with slide tap	850362-000500	£24.80	
500ml long tube with lever tap	850364-000500	£24.80	
750ml short tube with lever tap	850363-000750	£24.80	
750ml long tube with lever tap	850364-000750	£24.80	

2nd choice: Optimum medical Ugo leg bags

Size	Cat. No.	Cost per 10	Usual Quantity
Ugo 5C 350ml, direct inlet, Lever Tap	5C/350/DI/L	£25.98	10 every 2 months (1 pack of 10 every 2 months or 5 single units per month)
Ugo 6C 350ml, short tube, Lever Tap	6C/350/ST/L	£25.98	
Ugo 1C 500ml, short tube, Lever Tap	1C/500/ST/L	£25.98	
Ugo 2C 500ml, long tube, Lever Tap	2C/500/LT/L	£25.98	
Ugo 3C 500ml, short tube, T-tap	3C/500/ST/T	£25.98	
Ugo 4C 500ml, long tube, T-tap	4C/500/LT/T	£25.98	
Ugo 7C 750ml, short tube, Lever Tap	7C/750/ST/L	£25.98	
Ugo 8C 750ml, long tube, Lever Tap	8C/750/LT/L	£25.98	

Non-sterile leg bags for sheaths

- Leg bags for penile sheaths do not have to be sterile.
- Tubes can be cut to length on certain bags to ensure a correct fit.
- **Should be changed every 5-7 days.**

1st Choice: COLOPLAST Simpla Profile Non-Sterile leg bag

Size	Cat. No.	Cost per pack	Cost per bag	Usual Quantity
500ml 50cm adjustable tube	21584	£33.31	£3.33	10 (1 pack) every 2 months

Night drainage bags

A nightstand* should be used to support the night bag.

* These are not available on the NHS but may be obtained free of charge from the manufacturer if their products are being used.

Single use drainable 2 litre night bags (non-sterile)

- These bags should be appropriate for the majority of patients that have indwelling urinary catheters, requiring added drainage capacity overnight.
- Single use reduces risk of infection, as recommended by infection control.
- Attach to the bottom of the leg bag to maintain a closed system.
- Change every night.

1st Choice: L.IN.C Medical Non-Sterile 2 litre drainage bag

- *Integrated bed hanger for convenient hanging from bed frame*

Cat. No.	Size	Cost per pack	Cost per bag	Usual Quantity
LM2LNS	500ml 50cm adjustable tube	£2.32	£0.23	3 packs per month (Max 30 per month)

2nd Choice: Teleflex Medical RUSCH Non-Sterile 2 litre bag single use. T-tap

- *Included bed hanger (one per bag) to secure the collection bag to the bed*

Cat. No.	Size	Cost per pack	Cost per bag	Usual Quantity
850422	500ml 50cm adjustable tube	£10.14	£0.34	1 pack per month (Max 30 per month)

Non single use drainable 2 litre night bags (Sterile)

- To be used **ONLY** for **patients that are bed bound** and **not using a leg bag**.
- Change every 5-7 days.

1st Choice: Teleflex Medical RUSCH Sterile 2 litre drainable night bag –

- *Due to a double attachment hook the night bag can be secured to the bed*

Cat. No.	Cost per pack	Cost per bag	Usual Quantity
850421 lever tap	£11.44	£1.14	10 every 2 months

2nd Choice: L.IN.C Medical - LINC-Flo 2 litre drainage bag with lever tap, 120cm tube, non-return valve antibacterial filter, integral handle and a pair of nitrile gloves

- *Has Integrated bed hanger for convenient hanging from bed frame*

Cat. No.	Cost per pack	Cost per bag	Usual Quantity
TZ02-L	£13.25	£1.33	10 every 2 months

Catheter valves

- For use with indwelling catheters only.
- These provide a discreet alternative to drainage bags.
- Helps to imitate normal bladder function, allowing the bladder to fill and empty, and maintain normal capacity and tone. Consider a catheter valve minimum of 2-3 days before a 'Trial without catheter' (TWOC).
- Must be released regularly (every 2-4 hours) or as required to prevent over distension of the bladder.
- A single use night drainage bag can be connected to the catheter valve to prevent waking at night.
- **Should be changed every 5-7 days.**
- Contraindicated in:
 - Reduced bladder capacity.
 - Renal impairment & Ureteric reflux
 - No bladder sensation
 - Cognitive impairment
 - Poor manual dexterity

- **No more than one packet (5) should be prescribed every month.** – 1 box should be added to repeat with a max of 12 issues

1st Choice: L.IN.C Medical Care-Flo Catheter Valve - Lever Tap

Cat. No.	Cost	Usual Quantity
CF1	£8.28	5 per month

2nd Choice: Optimum medical Ugo catheter valve

Cat. No.	Cost	Usual Quantity
3000	£11.75	5 per month

Catheter Accessories

Extra Catheter Leg Bag Straps

1st Choice: Teleflex

Cat. No.	Cost per pack	Usual Quantity
850360-420025	£2.73	2 single units per 10 weeks

Catheter straps

Designed as a re-usable strap, which can be washed several times before disposal.

The strap secures catheters and tubing, acting as a shock absorber thus minimising risk of urethral trauma.

1st Choice: Optimum Medical Ugo Fix Catheter Strap

A laundry bag is provided in each box of Ugo Fix Catheter Straps

Size	Cat. No.	Cost per 5	Usual Quantity
Short – up to 45cm	3002	£13.77	1 pack of 5 every 6 months
Medium – up to 80cm	3003	£15.20	1 pack of 5 every 6 months
Long – up to 130cm	3009	£18.50	1 pack of 5 every 6 months
Extra Long – up to 180cm	3010	£20.71	1 pack of 5 every 6 months

2nd Choice: CliniFix Tube Holder

Size	Cat. No.	Cost per 10	Usual Quantity
110mm x 25mm	40-310	£19.09	1 holder per week (1 box every 10 weeks)
140mm x 40mm	40-410	£20.88	1 holder per week (1 box every 10 weeks)

Leg bag holder/sleeve

- Provide better support than leg straps.
- Contain soft, latex free fabric, encasing the leg bag to hold it against the patient's leg. This reduces the risk from the straps cutting into the leg.
- Can be worn on the thigh or calf.
- Measure patient's leg to ensure correct fit.
- Washable and reusable.
- Reduces risk of urethral trauma by securing the bag correctly.

1st Choice: Optimum Medical Ugo Fix Sleeve

A laundry bag is provided in each box of Ugo Fix Sleeves

Size	Cat. No.	Cost per 4	Usual Quantity
Small – 24-39cm	3005	£8.02	1 pack of 4 every 6 months
Medium – 36-55cm	3006	£8.02	1 pack of 4 every 6 months
Large 40-70cm	3007	£8.02	1 pack of 4 every 6 months
Extra Large – 65-90cm	3008	£8.02	1 pack of 4 every 6 months

2nd Choice: L.IN.C Medical Leg Bag Sleeve

Size	Cat. No.	Cost per 4	Usual Quantity
Small (24-39cm)	ME350-750S S	£8.07	1 pack of 4 every 6 months
Medium (36-55cm)	ME350-750S M	£8.07	1 pack of 4 every 6 months
Large (40-70cm)	ME350-750S L	£8.07	1 pack of 4 every 6 months
X Large (65-95cm)	ME350-750S XL	£8.07	1 pack of 4 every 6 months
XX Large (75-105cm)	ME350-750S XXL	£8.07	1 pack of 4 every 6 months

Lubricating Gels

- Urethra trauma/discomfort minimised if single use sterile lubricating/anaesthetic gel used.
- Use single disposable syringe of sterile lubricant for instillation for both male and females.
- Can be used for supra-pubic use.
- Must not be used in patients with known hypersensitivity to active ingredients.
- Optilube plain/active can be dispensed by a DAC and community pharmacy.

Important safety information regarding the maximum dosing of Optilube Active

Optilube Active:

- *Every 100g of gel contains 2g lidocaine.*
- *Which is the same as 1g of gel contains 0.02g lidocaine.*
- *This is equivalent to 1ml of gel containing 0.02g lidocaine.*
- *11ml Optilube Active syringe contains 0.22g lidocaine.*
- *6ml Optilube Active syringe contains 0.12g lidocaine.*

For adult patients:

- For adult patients, the maximum single dosage is 16g of gel which contains 0.32g of lidocaine. This is equivalent to 16ml of Optilube Active.
- For adult patients, the maximum dose of lidocaine in 12 hours is 0.6g of lidocaine. This is equivalent to 30ml of Optilube Active.

Lubricant with anaesthetic

1st Choice: Optilube Active

Size	Cat. No.	Cost	Usual Quantity
6ml syringe (female)	1160	£1.10	Order as a single unit
11ml syringe (male)	1161	£1.15	Order as a single unit

Lubricant only

1st Choice: Optilube

Size	Cat. No.	Cost	Usual Quantity
6ml syringe (female)	1125	£0.99	Order as a single unit
11ml syringe (male)	1126	£1.05	Order as a single unit

Incontinence Sheaths

- Alternative management of urinary incontinence for men.
- Appropriate assessment using manufacturer's measuring device is important to ensure correct type and size of sheath is prescribed.
- Change every 24 hours to relieve pressure and maintain good skin hygiene.
- The following criteria must be met before prescribing a sheath:
 - A non-retracted penis
 - Unbroken skin
 - No risk of sheath coming off
 - Reasonable mental awareness, manual dexterity, and carer availability
- Obtain trial packs of sheaths/measuring devices from the Bladder and Bowel service. Ensure the sheath is working effectively before prescribing.
- All the sheaths listed below are latex free.

It is recommended one box of thirty should be sufficient per month.

1st Choice: COLOPLAST Ltd, Optima self-sealing Urisheath

Size	Cat. No.	Cost per 30	Usual Quantity
Shorter Length 21mm	22121	£57.30	30 every month
Shorter Length 25mm	22125	£57.30	30 every month
Shorter Length 30mm	22130	£57.30	30 every month
Shorter Length 35mm	22135	£57.30	30 every month
Standard Length 25mm	22025	£57.30	30 every month
Standard Length 28mm	22028	£57.30	30 every month
Standard Length 30mm	22030	£57.30	30 every month
Standard Length 35mm	22035	£57.30	30 every month
Standard Length 40mm	22040	£57.30	30 every month

2nd Choice: Clinimed Clinisure silicone sheath

Size	Type	Cat. No.	Cost per 30	Usual Quantity
Clinimed Clinisure silicone sheath 24mm	Standard	CS24S	£43.70	30 every month
Clinimed Clinisure silicone sheath 28mm		CS28S	£43.70	30 every month
Clinimed Clinisure silicone sheath 31mm		CS31S	£43.70	30 every month
Clinimed Clinisure silicone sheath 35mm		CS35S	£43.70	30 every month
Clinimed Clinisure silicone sheath 40mm		CS40S	£43.70	30 every month
Clinimed Clinisure silicone sheath 24mm	Pop On	CS24P	£43.70	30 every month
Clinimed Clinisure silicone sheath 28mm		CS28P	£43.70	30 every month
Clinimed Clinisure silicone sheath 31mm		CS31P	£43.70	30 every month
Clinimed Clinisure silicone sheath 35mm		CS35P	£43.70	30 every month
Clinimed Clinisure silicone sheath 40mm		CS40P	£43.70	30 every month
Clinimed Clinisure silicone sheath 24mm	Wide Band	CS24W	£43.70	30 every month
Clinimed Clinisure silicone sheath 28mm		CS28W	£43.70	30 every month
Clinimed Clinisure silicone sheath 31mm		CS31W	£43.70	30 every month
Clinimed Clinisure silicone sheath 35mm		CS35W	£43.70	30 every month
Clinimed Clinisure silicone sheath 40mm		CS40W	£43.70	30 every month

Barrier preparation for use with Urinary sheaths ONLY

(Continence specific as contains alcohol which would be detrimental to stoma patients – used to prep penis for sheath application)

Product	Size	Cat.no	Cost	Quantity
Conveen Prep Wipes Protective Barrier & Adhesive Enhancer	54	62042	£11.77	1 pack per month- Review needed if more than 1 box (54) used per month

Catheter Maintenance Solutions (CMS)

RECOMMENDED SPECIALIST ADVICE ONLY

Only as part of a treatment programme

- Not to be used as a first line treatment. Clinical rationale needed for use, as evidence is limiting.
- Ensure the cause of the blockage has been identified.
- It is good practice to cut open the catheters on removal, from those patients where blocking is a problem to see if the lumen is blocked by sediment deposit or crystals.
- **NOT recommended to manage blockage of indwelling catheters; a blocked catheter should be replaced.**
- Used to prolong the life of the catheter, thus avoiding the trauma/risks of increased catheterisations.
- Must not be used to prevent catheter associated infections.
- Use solution G with caution for patients with haematuria.
- Must not be used in spinal injury patients due to the possibility of autonomic dysreflexia.

Before commencing any catheter maintenance solution, a catheter maintenance solution questionnaire should be completed and advice sort from Bladder and bowel service ([Appendix 2](#))

	Product	Cat. No.	Size	Cost	
1st choice	Uroflush 3.23% Citric Acid (Suby G)	URO50G	50ml	£3.15	Only if clinical rationale RECOMMENDED SPECIALIST ADVICE ONLY
2nd Choice	Urotainer Twin Suby G (3.23% citric acid)	9746609	2 x 30ml	£5.50	Only if clinical rationale RECOMMENDED SPECIALIST ADVICE ONLY
1st Choice	Uroflush Saline 0.9%	URO50S	50ml	£3.15	One to two times a week for 6-8 weeks then evaluate before continuing
2nd Choice	Bard Optiflo Sodium Chloride 0.9%	CSS50	50ml	£3.82	One to two times a week for 6-8 weeks then evaluate before continuing

Accessories

RECOMMENDED SPECIALIST ADVICE ONLY

Medical Adhesive removers

	Product	Size	Cat.no	Cost	Quantity
Spray	StoCare Remove Medical Adhesive Remover Spray	50ml	STC 100	£4.90	1 Bottle per month
Wipes	StoCare adhesive remover wipes	30	STC 200	£8.45	1 Pack per month

*Prices based on Drug Tariff price March 2026

Barrier Wipes

	Product	Size	Cat.no	Cost	Quantity
Spray	StoCare Protect Barrier Film Spray	50ml	STC 150	£7.35	1 Bottle per month
Wipes	StoCare Protect Barrier Film Wipes	30	STC 250	£12.90	1 Pack per month

Cleansing solutions, wipes

Skin cleansers should not be prescribed for continence care as they are not routinely clinically necessary. Warm water is generally sufficient to effectively clean the skin.

For more information see [Barrier preparations and incontinence pads guidance](#) .

Disposable gloves

Should not be prescribed on FP10 for use in catheter care

- Gloves are not necessary for a person with a ISC catheter or for use in catheter care
- If gloves are required by a healthcare professional or employed carer, it is the responsibility of the employer to provide for their staff.

Training

The formulary will be used within training by the Bladder and Bowel Service to promote best practice.

Monitoring

Cambridgeshire and Peterborough NHS Foundation Trust will review the information from the EPACT data provided by the ICB, at regular intervals. In addition, the Bladder and Bowel Service will undertake audits to monitor:

- Surgeries with the highest spend.
- Products prescribed.
- New products on the market

References

- Addison R, Foxley S, Mould C (2012) Catheter Care RCN guidance for nurses. Royal College of Nursing; London
- Davey, G (2015) Troubleshooting indwelling catheter problems in the community. *Journal Community Nursing*. 29(4) pp. 67-74
- Getliffe K, (1993) Care of Urinary Catheters. *Nursing Standard*. July 21-27 7 (44) 31-34
- Getliffe K, Hughes SC, Le Claire M (2000) The dissolution of urinary catheter encrustation. *BJU Int*; 85:1: 60-64
- Jones S, Foxley S, Brooks A, Dunkin J (2008) Evidence - care of urinary catheters and drainage systems. *Nursing Times*; 103: 42, 48-50
- Loveday, H P., Wilson, J A., Pratt, R J., Golsorkhi, M., Tingle, A., Bak, A., Browne, J., Prieto, J., Wilcox, M. (2014) Epic 3 National Evidence Based Guidelines for Preventing Healthcare Associated Infections in NHS Hospitals in England *Journal of Hospital Infection* 86S1(s36)
- NHS Quality Improvement Scotland (2004) Best Practice Statement: Urinary catheterisation and catheter care. Available from www.nhshealthquality.org

- NICE (March 2012) Infection Control: Prevention of Healthcare-associated Infection in Primary and Community Care. Clinical Guideline 139. NICE, London. Available from <http://guidance.nice.org.uk/CG2>
- NPSA RRR02, Female urinary catheters causing trauma to adult males, available at <http://www.nrls.npsa.nhs.uk/resources/type/alerts/?entryid45=59897>
- Pellowe, C., Pratt, R (2004) Continence. Catheter-associated urinary tract infection: primary care guidelines. *Nursing Times*. 100(2) pp53-55
- Pratt RJ, Pellowe CM, Wilson JA et al (2007) Epic2: National Evidence-based Guidelines for Preventing Healthcare -Associated Infections in NHS hospitals in England.
- Robinson J (2006) Selecting a urinary catheter and drainage system. *British Journal of Nursing*. 15:19.
- NHS Business Services Authority. Drug Tariff, March 2023, available at [NHS Electronic Drug Tariff \(nhsbsa.nhs.uk\)](https://nhsbsa.nhs.uk)

Ratification Table

Ratification Process	Details
Authored by:	Cambridgeshire and Peterborough Integrated Care Board Cambridgeshire and Peterborough NHS Foundation Trust (CPFT) Cambridge University Hospitals NHS Foundation Trust North West Anglia NHS Foundation Trust
Ratified by:	Cambridgeshire and Peterborough Joint Prescribing Group
Date ratified:	March 2026
Review date:	March 2029
Version number:	5

Appendix 1 - Continence Appliance Request

This form aims to promote improved governance, formulary compliance and waste reduction.

Name:

Date of birth:

Address:

NHS number:

GP Practice:

Short/Medium Term Adult Catheter

Product	Cat. number	Size/Type	Catheter size (12-24ch)	ICB recommendation	Quantity required
Rusch Aquaflate All PTFE Coated latex foley catheter 10ml balloon	DP3101	MALE (12-18ch)		1 per month	
Rusch Aquaflate All PTFE Coated latex foley catheter 10ml balloon	DP2101	FEMALE (12-18ch)		1 per month	

Long Term Adult Catheter

Product	Cat. number	Size/Type	Catheter size (12-24ch)	ICB recommendation	Quantity required
1st choice					
Rusch Sympacath Aquaflate Hydrogel coated latex catheter 10ml balloon	DH3101	MALE		1 every 12 weeks	
Rusch Sympacath Aquaflate Hydrogel coated latex catheter 10ml balloon	DH2101	FEMALE		1 every 12 weeks	
2nd Choice					
Bard Biocath Hydrogel coated latex foley catheter 10ml balloon (12-26ch)	D2265	MALE		1 every 12 weeks	
Bard Biocath Hydrogel coated latex foley catheter 10ml balloon (12-22ch)	D2269	FEMALE		1 every 12 weeks	

All Silicone (Latex Free) Long Term Adult Catheter

Product	Cat. number	Size/Type	Catheter size (12-24ch)	ICB recommendation	Quantity required
1st choice					
Rusch Brilliant Aquaflate All Silicone catheter 10ml balloon (12-24c)	DA3101	MALE		1 every 12 weeks	
Rusch Brilliant Aquaflate All Silicone catheter 10ml balloon (12-24ch)	DA2101	FEMALE		1 every 12 weeks	
2nd choice					
Clinisupplies All Silicone Foley Catheter 10ml balloon (12-24ch)	4833-05	STANDARD		1 every 12 weeks	

Open ended catheters

Product	Cat. number	Size/Type	Catheter size (12-24ch)	ICB recommendation	Quantity required
1st Choice					
Coloplast Folsil open tip all silicone 10ml balloon (12-18ch)	AA8C	MALE		1 every 12 weeks	
2nd Choice					
LINC medical all silicone open tipped Suprapubic catheter 10ml balloon (16-24ch)	0845 16 10G-0845 24 10G	STANDARD		1 every 12 weeks	
LINC medical all silicone open tipped Suprapubic catheter 5ml balloon (12-14ch)	0845 12 05G-0845 14 05G	STANDARD		1 every 12 weeks	
LINC medical all silicone open tipped Suprapubic catheter 10ml balloon (16-20ch)	0847 16 10G-0847 20 10G	FEMALE		1 every 12 weeks	
LINC medical all silicone open tipped Suprapubic catheter 5ml balloon (12-14ch)	0847 12 05G-0847 14 05G	FEMALE		1 every 12 weeks	

RECOMMENDED SPECIALIST ADVICE ONLY

Product	Cat. number	Size/ Type	Catheter size	ICB recommendation	Quantity required
1st Choice					
BD Ready to Use Male (12-16Ch)	RTU12M-RTU16M	MALE		30 (1 pack) per month, up to a maximum of 6 packs	
BD Ready to Use Female (10-14Ch)	RTU10F-RTU14F	FEMALE		30 (1 pack) per month, up to a maximum of 6 packs	
BD Ready to Use Male Coude Tip (12-16Ch)	RTU12C – RTU16C	MALE		30 (1 pack) per month, up to a maximum of 6 packs	
2nd Choice					
Speedicath standard Male (8-18Ch)	27408 - 27418	MALE		30 (1 pack) per month, up to a maximum of 6 packs	
Speedicath standard Female (8-16Ch)	27508 - 27516	FEMALE		30 (1 pack) per month, up to a maximum of 6 packs	
Speedicath standard Tieman tip (10-16Ch)	27490 - 27496	MALE		30 (1 pack) per month, up to a maximum of 6 packs	

The smaller, discreet catheters for ISC (listed below) are **ONLY** to be prescribed on advice from the Continence Team - **RECOMMENDED SPECIALIST ADVICE ONLY**

Product	Cat. number	Size/ Type	Catheter size (12-24ch)	ICB recommendation	Quantity required
Hollister Vapro pocket No Touch Urethral Hydrophilic Intermittent Catheter (10-16Ch)	70104 - 70164	MALE		30 (1 pack) per month, up to a maximum of 3 packs	
Coloplast Speedicath Compact (12-18ch)	28692	MALE		30 (1 pack) per month, up to a maximum of 3 packs	
Coloplast Speedicath Compact Plus (10-14ch)	28810 – 28814	FEMALE		30 (1 pack) per month, up to a	

Product	Cat. number	Size/ Type	Catheter size (12-24ch)	ICB recommendation	Quantity required
				maximum of 3 packs	

Leg Bags

Product	Cat. number	ICB recommendation	Quantity required
1st Choice			
350ml short tube with slide tap	850361-000350	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
350ml short tube with lever tap	850363-000350	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
350ml long tube with slide tap	850362-000350	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
350ml long tube with lever tap	850364-000350	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
500ml short tube with slide tap	850361-000500	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
500ml short tube with lever tap	850363-000500	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
500ml long tube with slide tap	850362-000500	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
500ml long tube with lever tap	850364-000500	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
750ml short tube with lever tap	850363-000750	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
750ml long tube with lever tap	850364-000750	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
2nd Choice			
Ugo 5C 350ml, direct inlet, Lever Tap	5C/350/DI/L	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
Ugo 6C 350ml, short tube, Lever Tap	6C/350/ST/L	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
Ugo 1C 500ml, short tube, Lever Tap	1C/500/ST/L	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	

Product	Cat. number	ICB recommendation	Quantity required
Ugo 2C 500ml, long tube, Lever Tap	2C/500/LT/L	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
Ugo 3C 500ml, short tube, T-tap	3C/500/ST/T	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
Ugo 4C 500ml, long tube, T-tap	4C/500/LT/T	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
Ugo 7C 750ml, short tube, Lever Tap	7C/750/ST/L	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	
Ugo 8C 750ml, long tube, Lever Tap	8C/750/LT/L	1x 10 bags every 2 months (1 pack of 10 every 2 months or 5 single units per month)	

Nonsterile leg bags for sheaths

Product	Cat. number	ICB recommendation	Quantity required
Coloplast Simpla Profile nonsterile leg bag	21584	1x 10 bags every 2 months	

Night Bags Non-Sterile 2 litre drainage bag

Product	Cat. number	Size/ Type	ICB recommendation	Quantity required
1st choice				
Single use L.IN.C Medical non-sterile drainage bag	LM2LNS	2L	3 packs per month (maximum supply of 30 per month)	
2nd choice				
Single Use Teleflex medical Rusch non-sterile bag single use T-tap Night drainage bag	850422	2L	1x10 bags every month (maximum supply of 30 per month)	

Night Bags - Sterile 2 litre drainable night bag

Product	Cat. number	Size/ Type	ICB recommendation	Quantity required
1st Choice				
Non single use Teleflex medical Rusch Sterile night bag with lever tap	850421	2L	10 every 2 months	
2nd Choice				
L.IN.C Medical - LINC-Flo 2 litre drainage bag with lever tap, 120cm	TZ02-L	2L	10 every 2 months	

Product	Cat. number	Size/ Type	ICB recommendation	Quantity required
tube, non-return valve antibacterial filter, integral handle and a pair of nitrile gloves				

Catheter Accessories

	Product	Cat. number	ICB recommendation	Quantity required
Catheter Valves	Care-Flo Lever tap Catheter Valve	CF1	5 per month	
Leg bag straps	Teleflex catheter leg bag straps	850360-420025	2 single units per 10 weeks	
Catheter Straps	Ugo Fix Catheter Strap Short – up to 45cm	3002	1 pack of 5 every 6 months	
	Ugo Fix Catheter Strap Medium – up to 80cm	3003	1 pack of 5 every 6 months	
	Ugo Fix Catheter Strap Long – up to 130cm	3009	1 pack of 5 every 6 months	
	Ugo Fix Catheter Strap Extra Long – up to 180cm	3010	1 pack of 5 every 6 months	
	Clinifix Tube Holder 110mm x 25mm	40-310	1 holder per week (1 box every 10 weeks)	
	Clinifix Tube Holder 140mm x 40mm	40-410	1 holder per week (1 box every 10 weeks)	
Leg bag Sleeve	Ugo Fix Sleeve Small – 24-39cm	3005	1 pack of 4 every 6 months	
	Ugo Fix Sleeve Medium – 36-55cm	3006	1 pack of 4 every 6 months	
	Ugo Fix Sleeve Large 40-70cm	3007	1 pack of 4 every 6 months	
	Ugo Fix Sleeve Extra Large – 65-90cm	3008	1 pack of 4 every 6 months	
	L.IN.C medical leg bag sleeve Small (24-39cm)	ME350-750S S	1 pack of 4 every 6 months	
	L.IN.C medical leg bag sleeve Medium (36-55cm)	ME350-750S M	1 pack of 4 every 6 months	
	L.IN.C medical leg bag sleeve Large (40-70cm)	ME350-750S L	1 pack of 4 every 6 months	
	L.IN.C medical leg bag sleeve X Large (65-95cm)	ME350-750S XL	1 pack of 4 every 6 months	
	L.IN.C medical leg bag sleeve XX Large (75-105cm)	ME350-750S XXL	1 pack of 4 every 6 months	

Lubricating Gels

Product	size	Cat. number	ICB recommendation	Quantity required
Optilube Active (With anaesthetic)	6ml	1160	Order as a single unit	
	11ml	1161	Order as a single unit	
Optilube (lubricant only)	6ml syringe	1125	Order as a single unit	
	11ml syringe	1126	Order as a single unit	

Incontinence Sheaths

Product	size	Cat. number	ICB recommendation	Quantity required
1st Choice				
Coloplast Optima self-sealing Urisheath Shorter length	21mm	22121	30 every month	
	25mm	22125	30 every month	
	30mm	22130	30 every month	
	35mm	22135	30 every month	
Coloplast Optima self-sealing Urisheath Standard length	25mm	22025	30 every month	
	28mm	22028	30 every month	
	30mm	22030	30 every month	
	35mm	22035	30 every month	
	40mm	22040	30 every month	
2nd Choice				
Clinimed Clinisure silicone sheath Standard	24mm	CS24S	30 every month	
	28mm	CS28S	30 every month	
	31mm	CS31S	30 every month	
	35mm	CS35S	30 every month	
	40mm	CS40S	30 every month	

Clinimed Clinisure silicone sheath Pop on	24mm	CS24P	30 every month	
	28mm	CS28P	30 every month	
	31mm	CS31P	30 every month	
	35mm	CS35P	30 every month	
	40mm	CS40P	30 every month	
Clinimed Clinisure silicone sheath Wide Band	24mm	CS24W	30 every month	
	28mm	CS28W	30 every month	
	31mm	CS31W	30 every month	
	35mm	CS35W	30 every month	
	40mm	CS40W	30 every month	

Barrier preparation for use with Urinary sheaths **ONLY**

(Continence specific as contains alcohol which would be detrimental to stoma patients – used to prep penis for sheath application)

Product	size	Cat. number	ICB recommendation	Quantity required
Conveen Prep Wipes Protective Barrier & Adhesive Enhancer	54	62042	1 pack per month	

Catheter Maintenance Solutions (CMS) - **RECOMMENDED SPECIALIST ADVICE ONLY**

Before commencing any catheter maintenance solution, a catheter maintenance solution questionnaire should be completed and advice sort from Bladder and bowel service

Solution G

Product	size	Cat. number	ICB recommendation	Quantity required
Uroflush 3.23% Citric Acid (Suby G)	50ml	URO50G	Only if clinical rationale	
Urotainer Twin Suby G (3.23% citric acid)	2 x 30ml	9746609	Only if clinical rationale	

Sodium Chloride

Product	size	Cat. number	ICB recommendation	Quantity required
Uroflush Saline 0.9%	50ml	URO50S	One to two times a week for 6-8 weeks	
Bard Optiflo Sodium Chloride 0.9%	50ml	CSS50	One to two times a week for 6-8 weeks	

Accessories - **RECOMMENDED SPECIALIST ADVICE ONLY**

Medical Adhesive Removers

	Product	size	Cat. number	ICB recommendation	Quantity required
Spray	StoCare Remove Medical Adhesive Remover Spray	50ml	STC 100	1 Bottle per month	
Wipes	StoCare adhesive remover wipes	30	STC 200	1 Pack per month	

Barrier Wipes

	Product	size	Cat. number	ICB recommendation	Quantity required
Spray	StoCare Protect Barrier Film Spray	50ml	STC 150	1 Bottle per month	
Wipes	StoCare Protect Barrier Film Wipes	30	STC 250	1 Pack per month	

Appendix 2 – CPFT Catheter Maintenance Solution Questionnaire



CPFT Catheter
Maintenance Solution

Appendix 3 – Link NHS Catheter Passport / Card

- NHSe Urinary Catheter Tools:
 - [NHS England » Urinary catheter tools](#)
- Catheter passport link (full document):
 - https://www.england.nhs.uk/wp-content/uploads/2020/08/Catheter_passport_v7.pdf
- Catheter Passport (Patient Section):
 - https://www.england.nhs.uk/wpcontent/uploads/2020/08/Catheter_passport_patient_only_v6.pdf
- Catheter Passport (Clinical section):

- https://www.england.nhs.uk/wp-content/uploads/2020/08/Catheter_passport_clinical_v3.pdf
- Catheter Card:
 - https://www.england.nhs.uk/wp-content/uploads/2020/08/Catheter_card-1.pdf