

URINARY CONTINENCE PRESCRIBING GUIDELINES

Indwelling Foley Catheters:

Short Term: 7 – 28 days

Long Term: up to 12 weeks.

Not all catheters are licensed for suprapubic use. Check the manufacturer's instructions.

They require a leg bag or catheter valve each licensed for 5 – 7 days except the abdominally worn bag which is licensed for 28 days.

Night bags are often required: These should be sterile when attached to the catheter. Drainable Bags licensed for 5-7 days or single use sterile non drainable bags (check manufacturer's instructions).

Intermittent Catheters:

There are two categories: **Single** patient reusable catheters are licensed to be used by the same patient for up to 7 days and **single** use catheters are licensed to be used once.

The single patient catheters come in packets of 5 to 10 catheters for these patients a packet will last 5 to 10 weeks.

The single use catheters usually come in packets of 30 and it will depend on the frequency the patient catheterises as to how many catheters they require, e.g. someone catheterising 5 times a day will need 5 packets a month.

Sheaths:

These come in a range of lengths, diameter sizes and styles.

Generally a patient will need 1 sheath per 24 hours, but it will depend on the patient and the purpose for which they are wearing the sheath.

One company makes a specialist sheath for patients who need to wear a sheath and regularly perform intermittent catheterisation.

One hydrocolloid sheath is licensed to be worn up to 3 days.

These patients will need leg and/or night bags.

Additional Information - Urinary Continence

Foley Catheters

The use of urinary catheter in the community is generally a long term catheter licensed for up to 12 weeks in situ. They come in a range of sizes and materials. It is retained in the bladder with a 10ml balloon (with a 30 ml balloon used in exceptional circumstances). Patients with catheters in situ may require a range of products to maintain their comfort and dignity without it causing unnecessary associated problems or complications. It is very important that the patient and/or carer can easily manage the tap on the bag to avoid the need to change to a different bag and a waste of stock. (If necessary samples may be obtained from the manufacturers).

Leg Bags

- Leg Bags. These come in a range of tube lengths to meet the patient's needs and a range of volumes from 350 ml to 1.5 litres are available and are licensed for up to 7 days use. They must be sterile bags. Generally 10 bags will come with 1 pair of leg straps.
- The sterile abdominal bags may be used for up to 28 days.
- Another option is the catheter valve which can be used for up to 7 days and can be connected to a night bag should the patient find this method more manageable.

Night Drainage Bags

- Some companies make sterile single use bags. Other manufacturers do make single use bags but they are not sterile. It is felt that patients in Nursing Homes and Residential Homes should be using single use night bags and where there are multiple people changing the bag in a patient's home.
- Some patients will prefer to use the drainable night bags that are licensed for up to 7 days by emptying them out and rinsing them through each day.
- Night bag stands can be obtained from the bag manufacturers or dispensing contractors free of charge.

Catheter Fixation

- In many cases a catheterisation stabilization device may be needed. Again there is a wide range of products designed to meet the individual needs of the patient. Some are single use, others are washable.

Catheter maintenance solutions should be used as a treatment plan and not as a routine for every patient. Their use must be based on clinical need and an appropriate assessment.

Clean Intermittent Catheters (CIC)

An Intermittent catheter is used to insert into the bladder to drain the urine present and then to be removed. It is also used to dilate urethral strictures. The frequency for this procedure can vary from several times a day to once a month. Some patients will vary their frequency of dilation based on their urinary flow. This can save the patient many visits for surgery at the local hospital.



CIC continued....

Some catheters come with a bag incorporated while other patients may need an individual bag to fit to their catheter. Not all CIC patients will need a bag; some will drain straight into the toilet or another receptacle.

Sheaths

A sheath is like a condom with a port to which you can attach a urinary drainage bag. It fits over the penis so allowing the urine to drain away from the body and into a collecting bag.

The sheath comes in a range of sizes and is made from a range of material. Some have external bands, others double sided tape and others are an “all in one” with an adhesive band. Some do not have any adhesive at all. There is also a range of lengths. Patients MUST be assessed and measured for the correct sheath by a competent professional. Samples and sizing kits are available for the manufacturer. This avoids inappropriate sheaths being ordered and wasted.

Leg and Night Bags

Patients will need a leg bag. For the attachment to the sheath this does not need to be sterile and so adjustable tube length bags can be used. Those using the sheath for 24 hours will generally need a night bag. This could be a bag licensed for 5-7 days in their own homes where they are able to rinse the bag through, or they may require a single use night bag. It is felt that patients in Nursing Homes and Residential Homes should be using single use night bags and where there are multiple people changing the bag in a patient’s home. Night bag stands can be obtained from the bag manufacturers or dispensing contractors free of charge.

Additional Equipment

Owing to the varying needs and skin types of patients, a range of accessories may be required for effective use of the sheath. This may include:

- Stabilization devices.
- Skin barrier wipes.
- Specific barrier creams.
- Fixing tape
- Adhesive remover

For additional advice contact your local Continence Adviser.

Anyone wishing to use this material is requested to acknowledge the source: “PIPs Forum, Urinary continence prescribing guidelines”.