



**CONTINENCE PRESCRIBING FORMULARY  
& GUIDANCE**

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**2016**

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**North Staffordshire Clinical Commissioning Group  
Stoke-on-Trent Clinical Commissioning Group  
East Staffordshire Clinical Commissioning Group  
Stafford & Surrounds Clinical Commissioning Group  
Cannock Chase Clinical Commissioning Group  
South East Staffs & Seisdon Peninsula Clinical Commissioning Group  
Staffordshire and Stoke-on-Trent Partnership NHS Trust  
University Hospital of North Midlands  
Burton Hospital Foundation Trust**

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# 1. Introduction

- The aim of this formulary is to identify the most appropriate use of catheters, sheaths, drainage bags and associated appliances for use in the community. It is expected that the majority of patients can be managed with the products recommended. This formulary provides guidance to prescribers for appropriate product choices for the majority of patients and is not intended to restrict patient choice.
- Manufacturers' literature should be consulted for full details of indications of use, contra indications and side-effects.
- A comprehensive continence assessment is required before considering any continence appliance; the emphasis should be on appropriate treatment. Product selection should be made to meet patient needs on an individual basis as not all products are suitable for all. Refer to the Trust Catheter Care Guidelines for further guidance.
- Should an alternative product be required and subsequently prescribed for use as part of the patients catheter management - then an exemption form needs to be completed and returned to your medicines management department in order for prescribing trends to be monitored. It is important that the patient's GP is kept informed of any prescribing of products by non - medical prescribers.

## General Rating:

<b>GREEN</b>	Consider First Line
<b>AMBER</b>	Consider Second Line
<b>RED</b>	As advised by Specialist Doctor/Nurse

## 2. Prescribing Guidance

- It is important for prescribers to be aware of how frequently an appliance should be changed to avoid wastage but also to be able to recognize where a patient may be having problems with their appliance (for example one indicator of issues is too frequent changes for the type of appliance being used). The quantity on a prescription should be guided by the table below.

Product	Average Monthly Quantity	Comment
Penile Sheaths	<b>One pack of 30</b>	Sheaths should be changed after 24 hours
Single use intermittent catheters	<b>One to six packs of 30</b>	The frequency of use depends on the medical reason for the catheterisation, ranging from 1 to 5 times a day
Indwelling Foley catheters	<b>One</b>	The first time a patient is catheterised, two catheters should be prescribed (one for use and one for spare). Subsequent catheter prescriptions will be only for one catheter
Leg bags—drainable	<b>Five (1 pack of 10 every 2 months)</b>	Leg bags should be changed every seven days (DH 2007)
Non-sterile drainable night bags (single use)	<b>One pack of 30</b>	These should be attached to a leg bag and changed after 24 hours
Sterile drainable night bags	<b>Five (1 pack of 10 every 2 months)</b>	Drainable bags should be changed every seven days
Catheter Valves	<b>Five (one pack of five)</b>	Catheter valves should be changed every seven days
Catheter securing devices	<b>One pack of give every six months</b>	Straps are washable, and are available in different sizes. Alternative fixation devices are available.

### 3. Indwelling Catheters - Urethral

- Long Term Catheters

These can remain in-situ for up to 12 weeks. The aim is to use the smallest size that provides adequate drainage to avoid problems such as bypassing. Standard catheters listed can be used in males and females however catheters listed as female must **never** be used in male.

**If the catheter's life is less than four weeks i.e. requiring recurrent re-catheterisation, consider a short term catheter and refer to your local continence service for advice.**

- Hydrogel Catheter (includes empty syringe for deflation of previous catheters and a syringe prefilled with sterile water)

Hydrogel coated catheters are designed to reduce urethral irritation. Hydrogel catheters are also reported to be resistant to bacterial colonization and encrustation. (Roberts et al 1990)

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Teleflex	Sympacath Aquaflate Female	12fg	1	£6.18	DH210112	Green
		14fg			DH210114	
		16fg			DH210116	
		18fg			DH210118	
	Sympacath Aquaflate Male	12fg	1	£6.18	DH310112	
		14fg			DH310114	
		16fg			DH310116	
		18fg			DH310118	

**\*Female Catheters should NEVER be used in a male patient [NPSA 2009/RRR02]**

- 100% Silicone Catheter

Silicone catheters are not coated and therefore have a wider lumen, which reduces the possibility of blockage. Silicones catheters are less likely to cause urethral irritation, however the balloon often causes cuffing which may be problematic on removal. (Parkin et al 2002). In acute use, supplied with pre-filled syringe for balloon inflation, community use also has addition of empty syringe for balloon deflation.

Supplier	Brand	Size	Pack Size	Price Per Item	Manufactures Code	General Rating
Teleflex	Brilliant Aquaflate Female	12fg	1	£6.07	DA210112	
		14fg			DA210114	
		16fg			DA210116	
		18fg			DA210118	
		20fg			DA210120	
	Brilliant Aquaflate Male	12fg	1	£6.07	DA310112	
		14fg			DA310114	
		16fg			DA310116	
		18fg			DA310118	
		20fg			DA310120	

- Short Term Catheters

Average period of use is 28 days—refer to manufacturer's recommendations

Supplier	Brand	Size	Pack Size	Price Per Item	Manufactures Code	General Rating
Teleflex	PTFE Aquaflate Female	12fg	1	£2.16	DP210112	
		14fg			DP210114	
		16fg			DP210116	
		18fg			DP210118	
		20fg			DP210120	
	PTFE Aquaflate Male	12fg	1	£2.16	DP310112	
		14fg			DP310114	
		16fg			DP310116	
		18fg			DP310118	
		20fg			DP310120	
		22fg			DP310122	

## 4. Supra-Pubic Catheters

- Supra-Pubic catheterisation is the insertion of a catheter through the anterior abdominal wall into the dome of the bladder.
- All formulary catheters are licensed for Supra-Pubic insertion prior to use
- A standard length catheter (i.e. male) is normally used, and it is recommended that no smaller than a size 14-16fg should be used.
- The following Supra-Pubic catheters are licensed for 12 weeks. However, it can be changed earlier if necessary i.e. 6-10 weeks; but must not be left in situ for longer than its recommended use time.
- Changes should be planned with the completion of a catheter life chart.

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Teleflex	Rusch Sympacath Aquaflate Standard Male	12fg	1	£6.18	DH310110	General Rating
		14fg			DH310114	
		16fg			DH310116	
		18fg			DH310118	
		20fg			DH310120	
		22fg			DH310122	
		24fg			DH310124	
	Rusch Sympacath Aquaflate Standard Female	12fg	1	£6.18	DH210112	
		14fg			DH210114	
		16fg			DH210116	
		18fg			DH210118	
		20fg			DH210120	
		22fg			DH210122	
		24fg			DH210124	

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Teleflex	Rusch Brilliant Aquaflate Male	12fg	1	£6.07	DA310110	General Rating
		14fg			DA310114	
		16fg			DA310116	
		18fg			DA310118	
		20fg			DA310120	
		22fg			DA310122	
		24fg			DA310124	
	Rusch Brilliant Aquaflate Female	12fg	1	£6.07	DA210112	
		14fg			DA210114	
		16fg			DA210116	
		18fg			DA210118	
		20fg			DA210120	
		22fg			DA210122	
		24fg			DA210124	

## 5. Intermittent Catheters

- Intermittent catheterisation (IC) is a technique that may be carried out by the individual, their carer (s) or by appropriately trained healthcare staff. IC has a lower risk of infection compared with indwelling catheterisation, and so should be considered in preference to an indwelling catheter (NICE 2010)
- Prior to implementing intermittent catheterisation you need to ensure that an assessment has been completed and that:
  - The bladder has the capacity to store urine adequately between catheterisations
  - Individuals and/or carer (s) are motivated and have the manual dexterity and the ability to carry out the procedure
  - Referrals to the CAS can be made for teaching clean intermittent self-catheterisation

- Intermittent Self Catheter Hydrophilic**

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Teleflex	Flocath Quick Male	10fg	30	£1.20	851241/10	A
		12fg			851241/12	
		14fg			851241/14	
		16fg			851241/16	
		18fg			851241/18	
	Flocath Quick Female	8fg	30	£1.20	851221/08	
		10fg			851221/10	
		12fg			851221/12	
		14fg			851221/14	

- Intermittent Self Catheter Compact**

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Coloplast	Speedicath Compact Plus Female	10fg	30	£1.60	28810	A
		12fg			28812	
		14fg			28814	
	Speedicath Compact Plus Male	12-18fg	30	£1.79	28692	



- Intermittent Self Catheters Hydrophilic**

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Coloplast	Speedicath Hydrophilic in Saline Male	8fg	30	£1.49	28408	
		10fg			28410	
		12fg			28412	
		14fg			28414	
		16fg			28416	
		18fg			28418	
	Speedicath Hydrophilic in Saline Female	8fg	30	£1.49	28508	
		10fg			28510	
		12fg			28512	
		14fg			28514	
		16fg			28516	

- Intermittent Self Catheter Pre-lubricated with Gel**

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
BBraun	Actreen Glyc Catheter Male	8fg	30	£1.48	225208E	
		10fg			225210E	
		12fg			225212E	
		14fg			225214E	
		16fg			225216E	
		18fg			225218E	
	Actreen Glyc Catheter Female	6fg	30	£1.48	225306E	
		8fg			225308E	
		10fg			225310E	
		12fg			225312E	
		14fg			225314E	
		16fg			225316E	

- Specialist ISC Catheters**

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Coloplast	Speedicath Compact Female	8fg	30	£1.45	28578	
		10fg			28570	
		12fg			28572	
		14fg			28574	
	Speedibag Compact	700 mls	30	£0.69	258592	

- Intermittent Self Catheters

These products are coated in glycerine and do not have a bag attached.

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
B. Braun	Actreen Mini	10fg	30	£1.45	CH10—228010E	
		12fg			CH12—228012E	
		14fg			CH14—228014E	

- These items are coated in glycerine and have bags attached. For female use only.

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
B.Braun	Actreen Mini-Set	10fg	30	£2.29	CH10 - 239010E	
		12fg			CH12 - 239012E	
		14fg			CH14 - 239014E	

- These items are coated in glycerine available in lengths for both men and women—the set comes with the attached bags and are suitable for teaching patients

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
B.Braun	Actreen Glyc Set Male	12fg	30	£2.05	CH12 - 226212E	
		14fg			CH14 - 226214E	
		16fg			CH16 - 226216E	
	Actreen Glyc Set Female	10fg	30	£2.05	CH10 - 226310E	
		12fg			CH12 - 226312E	
		14fg			CH14 - 226314E	
		16fg			CH16 - 226316E	

## 6. Penile Sheaths

- Sheaths can offer a valuable alternative method of urinary incontinence management of men. Prior to prescribing a sheath all patients should be measured across the shaft of their penis using the appropriate manufacturer's measurement gauge.

Supplier	Brand	Size	Pack Size	Price Per	Manufacturers	General Rating
Rochester	Clear Advantage with Aloe Vera Style 1 (standard length)	24mm	30	£1.70	1243	
		28mm			1283	
		32mm			1323	
		36mm			1363	
	Clear Advantage with Aloe Vera Style 2 (shorter length)	24mm	30	£1.70	2243	
		28mm			2283	
		32mm			2323	
		36mm			2363	
	Clear Advantage with Aloe Vera Style 3 (standard length)	24mm	30	£1.70	3243	
		28mm			3283	
		32mm			3323	
		36mm			3363	

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Coloplast	Conveen Optima Short	21mm	30	£1.72	22121	
		25mm			22125	
		30mm			22130	
		35mm			22131	
	Conveen Optima Standard	25mm	30	£1.72	22025	
		30mm			22030	
		35mm			22035	
		40mm			22040	

## 7. Leg Bags

- Leg bags are suitable for use of indwelling catheters or sheath systems
- It is recommended that these are changed every 7 days
- Leg bags may be worn in different positions on the leg and the position will determine the length of the inlet tube. They are attached to the leg by means of straps (included with each pack) or a leg bag holder
- 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
- 500mls bags are the most common size used. Other volume leg bags are available

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Prosys	Urine Drainage bag with T-Tap LONG	350mls	10	£2.55	P350L	Yellow
		500mls			P500L	Green
		750mls			P750L	Yellow
	Urine Drainage bag with T-Tap SHORT	350mls	10	£2.55	P350S	Yellow
		500mls			P500S	Green
		750mls			P750S	Yellow
	Urine Drainage bag with Lever-tap LONG	500mls	10	£2.55	P500L - LT	Green
	Urine Drainage bag with Lever-tap SHORT	500mls	10	£2.55	P500S - LT	Green

## 8. Night Drainage Bags

- Suitable for overnight use for the collection of urine from indwelling catheter or urinary sheaths. The position of the bag should be below bladder level to enhance drainage
- Sterile drainable night bags  
Drainable night bags should be changed every 7 days if not disconnected at any point. They should only be used when connecting directly to a catheter or a catheter valve
- **These would normally be used for people who are bed-bound**

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Prosys	2 Litre Bags Sterile with T-Tap	2 Litre	10	£1.20	P2000	
	2 Litre Bags Sterile with Lever Tap	2 Litre	10	£1.20	P2000-LT	

- Non-Sterile drainable night bags (single use)  
Night bags should be directly connected to the leg bag to maintain a closed system. To be used as part of drainage bag link system. New bag required each night. Single use non-drainable night bags are preferred option as single use reduces the risk of infection. Nursing/residential homes should always use a single use non-drainable night bag attached to a leg bag.

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Prosys	2 litre bags non-sterile	2 Litre	10	£0.31	PSU2	

## 9. Catheter Valves

- Catheter valves are now widely used as a means of draining the bladder intermittently and can give patients greater comfort and independence (Getliffe & Dolman, 2003)
  - To be used as an indwelling catheter
  - It is recommended that this is changed every 7 days
- **Contra-indications include:**
  - Reduced bladder capacity
  - No bladder sensation
  - Cognitive impairment
  - Insufficient manual appliance dexterity to open the valve

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Coloplast	Simpla Catheter Valve		5	£2.64	380851	
Bard	Flip-Flo Catheter Valve		5	£2.62	BFF5	

## 10. Urinary Tract Infections (UTI)

- When sending urine specimens for culture and sensitivity testing for UTI to the path lab, you will need to state explicitly the signs and symptoms the patient is experiencing on the request form. Specimens **will not** be tested if this information is not included.
- Information on management of UTI: refer to Trust Catheter Care Guidelines and Staffordshire wide Antimicrobial Prescribing Guidelines in General Practice
- Management of UTIs in Catheterised Patients\*:
  - Antibiotic choice— treat as empiric treatment for men and women. If symptomatic, remove catheter if possible, and treat for 5 days.
  - If continued presence of catheter is necessary, start treatment immediately and replace catheter at the earliest opportunity.
  - A diagnosis of UTI should be made with caution in a patient with an indwelling urinary catheter.
  - Urine dipstick results are **not** a marker of infection in catheterised patients and should not be used to diagnose UTI.
  - Do not use antibiotics to clean murky urines in catheterised patients—review catheter care management.
  - Antibiotics will not eradicate asymptomatic bacteriuria; only treat if systemically unwell or pyelonephritis likely.
  - Do not use prophylactic antibiotics for catheter changes unless history of catheter-change-associated UTI or trauma.
  - Antibiotic prophylaxis is no longer recommended for changing urinary catheters in patients at risk of infective endocarditis.

\*Antimicrobial Prescribing Guidelines in General Practice 2016: p29.

## 11. Catheter Securing Devices

- It is extremely important that both the catheter and leg bag are well supported to reduce traction and trauma to the bladder neck/ urethra
- Leg bag holders can be used as an alternative or alongside leg straps. These are particularly good for frail skin, or problems with straps digging into or rubbing against legs as they distribute the weight of the urine more uniformly

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Bard Urisleeve	Urine Drainage bag holder	Small	4	£2.03	150111	
		Medium			150121	
		Large			150131	
Straps	Prosys—Additional bag straps		10	£1.26	P10LS	
Great Bear LTD	GB Fix it Strap	Small	5	£2.79	10646C	
		Adult	5	£2.79	10644A	
Clinifix	Clinifix Tube Holder	110mm x 25mm	10	£1.72	40-310	
		140mm x 40mm	10	£1.88	40-410	



## 12. Catheter Maintenance Solutions

- Catheter maintenance solutions are not for routine use, they are recommended for use in patient who may require frequent re-catheterisation due to blockage.
- Monitoring pH will help identify the needs for, and the type of solution required. Citric acid should only be used for those patients who have a consistently high pH of 6.8 and above with encrustation causing the blockage problem.
- ONCE REMOVED: it is good practice to cut open the catheter for those patients where blocking is a problem to see what is blocking the lumen
- Should only be used as part of a management plan to optimise catheter life by removing encrustation and diminishing blockage or for patient who frequent catheter changes is traumatic
- Two sequential instillations of a small volume are more effective than a single administration (Getliffe 2000)
- Caution should be exercised in the use of any catheter maintenance solution as there is evidence that all solutions increase the shredding of epithelial cells within the bladder

Supplier	Brand	Size	Pack Size	Price Per	Manufacturers	General Rating
BBraun	Urotainer NaCL 0.9%	50ml		£3.51	FB99849	
	Urotainer twin Suby G (3.23% Citric Acid)	2 x 30ml		£4.81	9746609	
	Urotainer twin Solution R (6.0% citric Acid)	2 x 30ml		£4.81	9746625	

## 13. Anaesthetic Lubricant

- Disposable syringes of sterile lubricant and/or local anaesthetic for instillation can reduce injury to the urothelium and subsequent risk of possible urethral damage. It can also facilitate pain free instrumentation and help reduce the risk of associated infection.

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Clinimed	Instillagel* (Lidocaine 2% and Chlorohexidine 0.25% gel)	6ml F	1	£1.41	DRUG	Green
		11ml M	1	£1.58	DRUG	
Teleflex	Cathejell Monoş (plain water based gel, no antiseptic properties)	8.5ml	1	£0.80	DRUG	Yellow
		12.5ml	1	£0.85	DRUG	

\* To be used in accordance with the Trust's PGS

§ to be used only if instillagel is contra-indicated and for Supra-Pubic catheters in line with Trusts policy

## 14. Anal Irrigation

- Irypump S (B Braun Medical)**

Supplier	Brand	Pack Size	Price Per Item	Manufacturers Code	General Rating
Irypump	Irypump S set		£489.61*	29120E	
	Irycone+		£60.07	29220E	
	IryPump Container		£41.59	29240	

\* cost effective option when used for long periods >2 years

- Peristeen Anal Irrigation (Coloplast)**

Supplier	Brand	Pack Size	Price Per Item	Manufacturers Code	General Rating
Peristeen Anal Irrigation (Coloplast)	Peristeen System (contains 1 control unit, 2 rectal catheters, 1 water bag, 2 straps)	1	£75.49	29121	
	Accessory unit (contains 15 rectal catheters, 1 water bag)	1 (standard)	£131.57	29122	
		1 (small)	£131.57	29127	
	Rectal Catheter (10 x)	1 (standard)	£84.12	29123	
		1 (small)	£84.12	29128	
	Straps	1 pair	£5.39	29124	
Tubing	Pack of 2	£7.55	29125		

- Qufora Irrigation System (MacGregor Healthcare Ltd)**

Supplier	Brand	Size	Pack Size	Price Per Item	Manufacturers Code	General Rating
Qufora irrigation system (MacGregor Healthcare Ltd)	Irrisedo Mini System (contains 1 pump, 15 hydrophilic coated cones, 15 waste bags)		1	£59.00	53601-015	
	Irrisedo Mini System– 30 Irrigation Set (contains 1 pump, 1 cone bags, 30 hydrophilic cones)		1	£118.00	53601-030	

## 15. Common Catheter Problems and Possible Solutions

Catheter Problems	Possible Reasons	Possible Solutions
Urine not draining into bag	<p>Incorrectly sited catheter it may be in the urethra and not fully into the bladder</p> <p>Incorrect positioning of the drainage bag above the level of the bladder can prevent good flow of urine</p> <p>Drainage tubing may be kinked</p> <p>Blockage (due to debris?)</p>	<p>May require re-catheterising</p> <p>Check tubing and ensure drainage bag is below level of bladder</p> <p>Assess position of tubing to ensure free draining</p> <p>Re-catheterisation - cut the removed catheter vertically at the tip to establish the cause of the blockage and implement appropriate regime of catheter maintenance solutions</p>
Haematuria	<p>Trauma Post-Catheterisation</p> <p>Infection</p>	<p>Observe output and document severity of haematuria. Seek medical advice if haematuria persist. Encourage fluid intake.</p> <p>Encourage fluid intake. Obtain catheter specimen of urine using the sample port and sent to laboratory</p>

## 16. Contacts

### SSOTP Continence Advisory Services:

#### **Northern Division:**

Telephone: 0300 123 0901

Fax: 01782 601428

Email: [continenceteam@ssotp.nhs.uk](mailto:continenceteam@ssotp.nhs.uk)

Ryecroft Medical Centre

Broad Street

Newcastle

Staffordshire

ST5 2BQ

#### **Southern Division:**

Telephone: 01889 571414 or 01543 441443

Fax: 01782 601428

Email: [continenceteam@ssotp.nhs.uk](mailto:continenceteam@ssotp.nhs.uk)

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## *18. Acknowledgements*

Surinder Kumar	Senior Medicines Optimisation Pharmacist (NSCCG) – Chair
Diane Brindley	Continence Nurse Specialist (The Royal Wolverhampton NHS Trust)
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Anne Hardwick	Clinical Nurse Specialist (Burton Hospital Foundation Trust)
Kelly Saville	Continence Nurse (SSOTP)
Steve Kenyon	Clinical Lead - Continence (SSOTP)
Kay Willard	Urology Advanced Nurse Practitioner (UHNM)

