Catheter Maintenance Procedure
(Continence Manual)
1. **AIM**

To provide staff with best practice guidelines for performing Catheter Maintenance.

2. **SCOPE**

This procedure applies to all staff, whether in a direct or indirect patient care role.

Adherence to the procedure is the responsibility of all Trust staff, including agency, locum and bank staff.

3. **LINK TO OVERARCHING POLICY**

3.1 Continence Manual

[https://www.rdash.nhs.uk/27299/continence-policy/](https://www.rdash.nhs.uk/27299/continence-policy/)

3.2 LINKS TO RELAVANT POLICIES/PROCEDURES

*Continence Manual | RDaSH NHS Foundation Trust*

*Aseptic non-touch Technique (IPC Manual)*

4. **PROCEDURE**

4.1 **Catheter Maintenance**

When considering catheter maintenance, there must be clear evidence to suggest that the patient may benefit from planned use of catheter maintenance solution to extend the life of the urinary catheter, or prior to removal of a urinary catheter to dissolve crystal formation to prevent trauma. Therefore it is essential that the catheter history is clearly documented.

Please see Appendix 6 for the flow chart for the management of blocked catheters.

4.2 **Farco-Fill Protect - First line treatment for encrustation**

Farco-fill Protect (CliniMed) is a sterile solution in a prefilled 10ml syringe that is used to inflate the catheter balloon instead of the sterile water. The amount to be instilled depends on the filling volume of the catheter balloon specified by the manufacturer and is normally between 5-10ml. Please read instructions for use before first administration.

Farco-Fill Protect contains 0.3% Triclosan, an antimicrobial agent that has been proven to reduce encrustation. Once inserted into the catheter balloon, over a period of time, the antimicrobial in the solution diffuses into
the bladder helping to reduce bacterial colonization, leading to a significant reduction in the number of harmful bacteria including Proteus mirabilis (Pannek and Vestweber, 2011). It also helps to reduce the build-up of any encrustation around the catheter, therefore improving the catheter’s efficacy and life span.

Farco-Fill is suitable to be used in both urethral and suprapubic catheters. NICE (2017) recommend the use of farco-fill as a suitable alternative to using catheter maintenance solution in the management of encrustation without breaking the closed drainage system. Unless indicated by a Consultant Urologist, catheter maintained solution such as Suby G should not be required when using Farco-fill.

It is recommended that Farco-fill Protect is changed every 4 weeks, however under Urology guidance some patients have shown that their catheter life has increased to 12 weeks.

### 4.3 Catheter Maintenance Solution

Catheter maintenance solution should only be used when all other options have been considered.

For catheters that regularly block due to encrustation, try to establish the life of 3 catheters. This will establish a clear pattern. Once the pattern has been established and a clear treatment plan has been written, the use of the appropriate catheter maintenance solution and planned catheter changes can be adopted.

Best practice in the treatment of encrustation is to use two solutions. Current research supports the use of two sequential instillations of a small volume are more effective at dissolving encrustation (Getliffe, et al 2000). B-Braun Uro-Tainer Twin, has two chambers of 30mls solution, each chamber is instilled for 5 minutes and therefore you are only breaking the closed drainage system the once. Alternative solutions would therefore mean that you would have to break the closed drainage system twice to instil two solutions. By limiting the amount of times that the closed drainage system is broken, reduces the risk of introducing infection.

Please see Appendix 7 on how to administer catheter maintenance solution.

### 5. APPENDICES

**Appendices can be viewed/downloaded from the Continence Manual's webpage on the Trust website** - Continence Manual | RDaSH NHS Foundation Trust

Appendix 6 Flow chart for the management of blocked catheters

Appendix 7 How to administer catheter maintenance solution
6. **Reference**


NICE (2017) Farco-fill Protect for indwelling urinary catheterisation

The technology | Farco-fill Protect for indwelling urinary catheterisation | Advice | NICE