This information was up to date at the time of release to the Heads of Midwifery.
The editorial board does not accept liability for any errors or omissions following its subsequent publication.
Updating arrangements for the formulary should be decided upon and implemented at a local level.

Instillagel ®	
Legal status (GSL, P or POM on exemption list, or PGD)	P - midwife may supply or apply
Patient group	Women requiring a urinary catheter inserted either by midwife or self-catheterisation. Not suitable for emergency catheterisation.
Clinical indication	Anesthetising the urethra prior to catheterisation.
Pharmacology (Onset and duration of action where appropriate)	It has both anaesthetic and antiseptic properties. Lidocaine is an amide type local anaesthetic which inhibits the ionic refluxes required for the initiation and conduction of impulses, thereby stabilising the neuronal membrane and preventing pain signals being sent to the brain. Chlorhexidine is an antiseptic and is bactericidal or bacteriostatic against a wide range of Gram-positive and Gram-negative bacteria. It has not been shown to reduce the risk of UTI associated with short term catheterisation. Onset of action is 3.5 minutes.
Pharmaceutical form, strength, route of administration	Gel containing in 100g lidocaine hydrochloride 2g chlorhexidine digluconate 0.25g methyl hydroxybenzoate 0.06g propyl hydroxybenzoate 0.025g In 6ml or 11ml syringe made of polypropylene with butyl rubber stopper for single use only. For topical administration to urethra.
Dose, frequency and maximum number of doses or period of time for administration or supply	6ml to 11ml instilled into urethra and wait for 3-5 minutes before catheterisation. May be used prior to each catheterisation.
Contra-indications/exclusion criteria	▪ known hypersensitivity to any component of the medicine or amide- type anaesthetics ▪ damaged or bleeding mucus membranes in the area of application

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Cautions and action that will be taken if a caution applies	▪ women with impaired cardiac conditions, hepatic insufficiency and epilepsy ▪ avoid in first three months of pregnancy ▪ check and document any allergies ▪ check and document past medical and drug history and current medication to ascertain potential for overdose ▪ if a caution applies consult with a doctor before administration or supply ▪ document consultation in maternity record
Drug interactions and action that will be taken if a patient is taking a medicine that may interact	▪ interaction unlikely but manufacturers state use in caution with antiarrhythmic drugs ▪ if there is a drug interaction consult with a doctor/GP before administration or supply ▪ document consultation in maternity record ▪ refer to current BNF for latest information on interactions
Potential adverse reactions and side effects including actions to be taken if adverse drug reaction is suspected	▪ *system side effects are possible if there is severe injury to the mucosa allowing absorption of lidocaine* ▪ *side effects include anaphylaxis, fall in blood pressure, bradycardia or convulsions* ▪ *on labour* Nil ▪ *on the neonate* Nil ▪ *on breast feeding* Nil ▪ *if a serious adverse reaction is suspected please report to the MHRA Yellow Card Scheme* http://yellowcard.mhra.gov.uk/
Overdose	▪ unlikely, however if there is excessive absorption into the bloodstream, symptoms may include convulsions, unconsciousness, respiratory arrest, hypotension, myocardial depression, bradycardia and cardiac arrest ▪ immediate assessment/treatment is essential - refer to medical staff ▪ management should be in accordance with established treatment guidelines or see BNF overdose section ▪ for further advice contact National Poisons Centre 0344 892 0111
Action if patient declines	▪ refer to authorised prescriber or doctor ▪ document in maternity record
Additional advice and information	▪ supply the manufacturer's patient information leaflet if requested if woman is to self-catheterise
Patient monitoring arrangements during and after treatment and follow-up required	Effects on ability to drive and use machines. The ability to drive and operate machinery may be slightly impaired after the use of Instillagel®. If affected, patients should be advised not to drive or use machinery.
Particular storage requirements	-

Instillagel ®

References

1. Summary of Product Characteristics Instillagel ®. Text revision 11.8.2014 Personal communication Clinimed 30.12.2019
2. http://www.bnf.org