Hello..

We are Great Bear.

Dignity, Respect, Quality & Commitment.

A UK Manufacturer committed to Urology.
GB All Silicone Foley Catheter

A 100% Silicone 2-way Foley Catheter with 10ml Balloon, the GB All Silicone Foley Catheter is designed for long-term use.

Key Features:

- All Silicone — totally latex free
- Universal Connection
- Integrated 10ml Balloon
- Symmetrical Balloon for optimal bladder placement
- Prefilled Syringe of sterile water for balloon inflation
- Empty Syringe for balloon deflation
- X-ray detectable line along the length of the Catheter
- Nelaton Tip for easy insertion
- Enclosed Spigot to aid with Catheter changes
What is a Catheter?

A Urinary Catheter is a soft, hollow tube inserted into the bladder to drain urine. In many cases, the bladder is accessed via the Urethra but, in other cases, the Catheter is inserted directly into the bladder via the abdominal wall. This is known as a Suprapubic Catheter.

A Foley Catheter is held in place by a balloon which is inflated after insertion with sterile water or glycerin.

Why do people need a Catheter?

For various reasons, some people are unable to empty their bladder by passing urine. This could be down to a health condition or as a result of surgery.

In these instances, Catheterisation is required to allow the bladder to fully drain and prevent urine retention.

Male and Female Urinary Tract

The urinary tract is made up of two parts:

Lower Urinary Tract
The Bladder and Urethra

Upper Urinary Tract
The Kidneys and Ureters

Kidneys play an important part in filtering waste products from blood to produce urine. Urine then passes into the bladder via the ureters. As the bladder fills, people feel the need to urinate and pass urine through the urethra.

In situations where the bladder doesn’t work properly, urine can build, causing infection and discomfort. In these situations a Foley Catheter will allow for the bladder to be emptied.

Changing a Catheter

Long-term Catheters need changing at least every 12 weeks. Your Healthcare Professional will advise the frequency that your Catheter needs changing. Never attempt to change the Catheter yourself unless you have been trained to do so.
Types of Catheter Drainage

Once a Catheter is inserted into the bladder, urine will continually flow through it. There needs to be something attached to the Catheter to collect the urine. There are two types of drainage systems to use with a Catheter.

Catheter Valve

A Catheter Valve is a tap-like device that connects to the end of the Catheter. The bladder continues to store urine and can be emptied intermittently by opening the valve over a toilet, or other receptacle. A Catheter Valve is a secure comfortable and more discreet alternative to a drainage bag, where there is adequate bladder capacity and sensation. Please speak to your Healthcare Professional if you want to know if a Catheter Valve is suitable for you.

Drainage Bag

There are a wide range of Leg Bags that can be connected to a Catheter to hold urine. A range of sizes are available, from 350ml to 1 litre, depending on urinary output. Once the Leg Bag is two-thirds full, it should be drained via the outlet tap at the bottom of the bag. Every 5-7 days the Leg Bag should be changed and replaced with a new one.

Overnight Link System

Overnight, you may benefit from a larger capacity Drainage Bag. There are a range of 2 litre and 3 litre Night Bags that can be connected to the Leg Bag, or Catheter Valve, as part of an overnight link system.
Attaching a Leg Bag to the Catheter

1) Wash hands.
2) Open peel pouch and remove Libra Leg Bag from its packaging.
3) Ensure the lever on the outlet tap is in the closed position (Diagram 2).
4) Remove the grey protective cap from the Libra inlet connector.
5) Insert the ridged inlet connector into the end of the Indwelling Catheter or Sheath. Insert the connector fully to allow a secure connection.
6) The Libra Leg Bag should be positioned on the thigh or calf, depending on the tube length, and secured appropriately with the Leg Bag Straps provided.
7) Feed the Leg Bag Straps through the eyelets on the bag and ensure the wavy silicone lines face onto the leg.
8) Make sure the inlet tubing isn’t kinked which can restrict the flow of urine. Ensure you do not touch the open end of either the Catheter or Leg Bag Connector when connecting, emptying or changing the Leg Bag as this could lead to infection.

Diagram 1
Diagram 2

Emptying the Leg Bag

Your Healthcare Professional will be able to advise you on how often you should empty your Libra Leg Bag. The frequency will depend on your urinary output and what capacity Leg Bag you are wearing.

If unsure, empty your Leg Bag when it is two thirds full.

1) Wash hands.
2) Empty the Libra Leg Bag by pushing the lever on the outlet tap all the way down to open (Diagram 1, Page 10).
3) Urine will flow from the outlet tap.
4) Remember to close the tap fully after emptying (Diagram 2, Page 10).
5) Wash hands.
Disconnecting the Leg Bag from the Catheter

1) Empty the Leg Bag following the instructions on page 11.
2) Squeeze the end of the Catheter (behind the funnel) with your thumb and forefinger (Diagram 1).
3) With your other hand, disconnect the Libra Leg Bag from the Catheter (Diagram 2).
4) Wash hands.

Handwashing

Good levels of hygiene are essential when handling your Urinary Catheter or Drainage Bag. Ensure you wash your hands thoroughly, in line with the guide below, using an unperfumed soap. Carers and Healthcare Professionals should follow the Aseptic Non-Touch Technique (ANTT) procedure.
Living With A Urinary Catheter

Sport
There is no reason why you can't lead an active life with a Urinary Catheter. Some activities, such as running or walking long distances, can cause friction or discomfort. If you experience these issues, refrain from doing that particular activity and speak to your Healthcare Professional about other suitable alternatives.

Travel & Holidays
It is important that you pack enough products to last you the duration of your trip. It is also advisable to pack some supplies in your hand luggage for easy access during your journey.

To help you at Customs, you can also obtain a certificate to explain that you are carrying medical appliances for personal use that will help you at customs. Phone Nightingale Home Delivery Service on 0800 318 559 if you would like a Travel Certificate.

Fluid Intake
To keep hydrated you should drink a minimum of 1.5 litres a day or, as advised by your Healthcare Professional.

Sexual Activity
It is possible to have sex with a Catheter in situ.
If you are male, place the external length of the Catheter along the penis and apply a condom.
If you are female, use surgical tape to hold the Catheter out of the way by attaching it to your abdomen.

Reducing Risk of Infection
Catheters introduce bacteria from outside the body into the bladder. Because of this, Urinary Tract Infection (UTI) rates are higher in those that have a Catheter.

Ensuring you maintain a closed system, whereby the Leg Bag is only disconnected when it needs changing, will help reduce the amount of bacteria getting into the system. Using the advice within this booklet with regards to hygiene and changing drainage bags will also help keep infection rates down.

Signs of Infection
Despite taking precautions to prevent infection, you may develop symptoms that indicate an infection.

If you feel unwell and have any of the below symptoms, please see your Healthcare Professional:

- Urine Colour Changes
- Cloudy Urine
- Offensive Smelling Urine
- Blood in Urine
- Nausea
- High Temperature
- Lower Abdominal Pain
Key Tips
✓ Ensure you wash your hands before handling your Catheter
✓ Drink at least 1.5 litres of fluid daily, or as advised by your Healthcare Professional
✓ Monitor urine colour – it should be straw-coloured
✓ Be mindful of drinks that can irritate the bladder such as tea, coffee, alcohol and fruit juice
✓ Ensure the Drainage Bag is kept below the level of your bladder
✓ Avoid disconnecting Drainage Bags unnecessarily (maintain a closed drainage system (see Fig.1 below) and do not touch the connector)
✓ Use a Securement Device, such as the Fix-it Strap, to prevent trauma to the Urethra
✓ Eat 5 portions of fruit or vegetables a day to prevent becoming constipated as this can impact urine drainage
✓ Follow the ANTT procedure to reduce the risk of infection

Please Note!
Lack of Catheter securement can lead to damage and inflammation to the Urethra and Meatus. This could cause pain, discomfort and a high risk of infection for the patient¹

Fig.1 - Closed Drainage System

Troubleshooting

Please note, these troubleshooting guidelines are aimed at the person carrying out the Catheter change. Always consult your Healthcare Professional if you have any issues with your Catheter.

What if the balloon won’t deflate?
- Refer to local policy/trust guidelines/Royal Marsden recommendations
- Soak the Catheter for 10 minutes with a suitable Catheter Maintenance Solution to see if there are any encrustations, then try to remove
- Insert syringe (with needle) above the valve port into the inflation channel to attempt to deflate the balloon
- Refer to GP/Hospital A&E as Patient will possibly need a cystoscopy

What happens if the balloon will not inflate on insertion?
- Remove Catheter if faulty
- Re-insert a new Catheter from a different batch, or a different Charrière size

What happens if the balloon deflates in use?
- In women, the Catheter will likely fall out
- Report faulty product to Manufacturer and MDA, complete incident form documenting the batch number

What happens if the balloon breaks on insertion?
- It is important that all fragments of balloon are removed
- Refer to A&E/On Call Urology as Patient likely to need cystoscopy to check for fragments

What if the Urethra starts to bleed?
- If bleeding on insertion, remove the Catheter. Take Patient observations (Blood Pressure, Heart Rate etc…)
- If the bleeding persists, direct the Patient to A&E

What happens if the balloon opens before the catheter is completely inserted into the bladder?
- If this happens, bleeding, damage and even rupture of the Urethra can occur
- Remove Catheter and direct to A&E
- Patient will need a cystoscopy to check for blood clots
- There will be high risk of Sepsis – antibiotic cover

What if urine bypasses the Catheter?
- If urine is leaking around the Catheter it could be caused by a Catheter blockage. If the Catheter is blocking frequently, a regime using a Catheter Maintenance Solution may be considered to help reduce the blockages.
- Urine bypassing could also be caused by too large a Charrière size, kinking of the Catheter or bladder spasm
GB All Silicone Foley Catheter - Prescription
2-way for Long Term Use – Adult. With pre-filled syringe of purified water for balloon inflation and supplementary syringe for balloon deflation.

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Leg Bags - Prescription
All Prescription Libra Leg Bags come with Fabric Backing and one pair of Leg Bag Straps as standard.

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<td>10</td>
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<td>1000ml</td>
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<td>10100A</td>
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<td>Short (10cm)</td>
<td>10</td>
<td>335-4354</td>
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<td>10102C</td>
<td>500ml</td>
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Libra Lever Catheter Valve - Prescription

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Single Use Night Bags - Prescription

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<td>GB2</td>
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<td>10303V</td>
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<td>10330Y</td>
<td>GB5</td>
<td>3-Litre</td>
<td>120cm</td>
<td>Non Sterile with Single Use T-Tap</td>
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Reusable Night Bags - Prescription

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Fix-it Retaining Strap

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“"It is important to secure the Catheter after insertion to prevent movement & urethral traction”

European Association of Urology Nurses, 2012
1. Call Freephone 0800 318 559 or 02920 747 770.
2. Please ensure you have your GP details to hand.
3. Tell us which products are required and how many.

Please make sure you have at least two weeks’ supply in hand before re-ordering.

Complimentary items available:

- Hand Gels
- Radar Keys
- Wet & Dry Wipes
- Disposable Bags
- Night Stands
- Sponge Bag

That’s all - We will do everything else!