

TITLE

APPLICATION OF TOPICAL ANESTHETIC GEL FOR A URINARY CATHETER INSERTION - ADULT

SCOPE

Provincial: Emergency Departments and Urgent Care Centres

DOCUMENT

HCS-350-01

APPROVAL AUTHORITY

Chief Medical Officer, Acute Care Alberta;
Executive Lead, Provincial Programs Oversight, Acute Care Alberta

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Emergency Care Alberta

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Not applicable

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NOTE: The first appearance of terms in bold in the body of this document (except titles) are defined terms – please refer to the Definitions section.

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OBJECTIVES

- This Protocol is intended for **adult patients** who present to an Emergency Department (ED) or Urgent Care Centre (UCC) and require the insertion of a urinary catheter.
- To assist **health care professionals** when implementing specific diagnostics, therapeutics, and interventions for patients in accordance with the patient's continuum of care.

APPLICABILITY

Compliance with this document is required by all Alberta Health Services employees, members of the medical and midwifery staffs, students, volunteers, and other persons acting on behalf of Alberta Health Services (including contracted service providers as necessary).

ELEMENTS**1. Points of Emphasis**

- 1.1 An **order** is not required for the application of Lidocaine 2% gel prior to a urinary catheter insertion, when administered as outlined in this Protocol.

- a) However, a patient-specific order from a Physician or Nurse Practitioner (NP) is required for the insertion of a urinary catheter.

Exception: In the case of acute urinary retention, health care professionals should follow the AHS *Management of the Patient Presenting with Acute Urinary*

Retention - Adult Protocol which will allow the health care professional to perform urinary catheterization in this emergent patient without a patient-specific order.

- 1.2 Lidocaine 2% gel is the preferred anesthetic agent used to minimize patient discomfort with the insertion of catheters.

2. Inclusion Criteria

- 2.1 This Protocol is intended for adult patients who require the insertion of a urinary catheter (See Section 1.1 above).

3. Exclusion Criteria

- 3.1 This Protocol is not intended for patients presenting with the following:
 - a) less than 18 years of age or who weigh less than 45 kilograms (kg);
 - (i) Consult with Physician or NP for a patient-specific order.
 - b) previous sensitivity, allergy, or adverse reactions to topical anesthetics; or
 - c) severe hepatic disease.

4. Application of Topical Anesthetic

- 4.1 Drop a pre-filled syringe containing 10 milliliters (mL) of 2% Lidocaine gel (20 milligram (mg/mL) onto your sterile field.
 - a) Male: Using sterile technique, cleanse the urinary meatus. Then apply a small amount of Lidocaine 2% gel using the prefilled syringe to the meatus. After 30 seconds, insert the applicator tip into the meatus and instill five (5) to ten (10) mL of the gel into the urethra.
 - b) Female: Using sterile technique, cleanse the urinary meatus and labia. Then apply a small amount of gel on the meatus and hold a sterile gauze over the meatus for 30 seconds. Then instill small amounts of gel (up to five (5) to ten (10) mL) into the urethra.
- 4.2 The maximum total dose of Lidocaine 2% gel is 600 mg (30 mL) per patient in a 12-hour period.
 - a) If more than one (1) catheterization attempt is required, use sterile water-soluble gel for additional lubrication.
- 4.3 Optimal analgesic effect occurs within five (5) minutes of Lidocaine 2% gel administration.
- 4.4 The duration of action is 20-30 minutes.

- 4.5 Proceed with urinary catheter insertion as per:
- a) the AHS *Urinary Catheter Management, Clinical Care Topic*; and/or
 - b) the Lippincott Procedure for a *Urinary Catheter Insertion*.

5. Documentation

- 5.1 The health care professional shall document the following in the patient's **health record**:
- a) application of and amount of Lidocaine 2% gel;
 - b) assessments;
 - c) reassessments;
 - d) interventions; and
 - e) patient's responses to interventions.

DEFINITIONS

Adult means a person aged 18 years and older.

Health care professional means an individual who is a member of a regulated health discipline, as defined by the *Health Professions Act* (Alberta), and who practices within scope and role.

Health record means the collection of all records documenting individually identifying health information in relation to a single person.

Order means a direction given by a regulated health care professional to carry out specific activity(-ies) as part of the diagnostic and/or therapeutic care and treatment to the benefit of a patient. An order may be written (including handwritten and/or electronic), verbal, by telephone, or facsimile.

Patient means an individual, inclusive of residents and clients, who receives or has requested health care or services from Alberta Health Services and those authorized to act on behalf of Alberta Health Services. In the context of informed consent or other decision-making, patient also means any alternate decision-maker or co-decision maker for the individual, when applicable.

REFERENCES

- Alberta Health Services Governance Documents:
 - *Assessment and Reassessment of Patients Guideline (HCS-181-01)*
 - *Consent to Treatment/Procedure(s) Policy (PRR-01)*
- Alberta Health Services Resources:
 - *Urinary Catheter Management All Ages-All Locations (Clinical Care Topic)*
 - *Lippincott Procedures for a Urinary Catheter Insertion*

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