

INSTRUCTIONS FOR USE

PLEASE READ CAREFULLY

DESCRIPTION

Hydro-Caine[®] Lubricating Gel is a sterile aqueous lubricating gel presented in a sterile package.

Hydro-Caine is intended for use prior to urethral applications such as catheterisation, endoscopy and cystoscopy. Other uses include rectal and colonic procedures and other instrumentation of the urethra.

Hydro-Caine minimises the risk of pain, infection and trauma by providing an effective lubricant that contains antiseptic to reduce the risk of infection and a local anaesthetic to minimise pain during the procedure.

INGREDIENTS

Hydro-Caine comes in the form of a gel of Hydroxyethylcellulose, Propylene Glycol Lubricants* and purified water.

Each 100 gram gel contains:

- Chlorhexidine Gluconate Solution (w/v) **0.250g** 20% concentrated (Antiseptic)
- Methyl Hydroxybenzoate **0.060g**** (E218) Preservative
- Propyl Hydroxybenzoate **0.025g**** (E216) Preservative
- Lidocaine Hydrochloride Anaesthetic **2.000g**

DOSAGE

In most cases the Hydro-Caine 6ml product should be used when treating females and the 11ml product when treating males. Different volumes may be used if clinically indicated. Extra caution should be exercised if using more than 11mls as the risk of side effects from the ingredients increases. It is not recommended to use more than 22mls for a single intervention.

Not to be used in children below the age of 2 years. For children over the age of 2 years, please consult your doctor.

OVERDOSE

Hydro-Caine must not be used at the same time as other medical device or medicines containing local anaesthetic agent. In the event of excessive absorption of lidocaine into the bloodstream, symptoms may include CNS effects and cardiovascular reactions.

CONTRAINDICATIONS

Hydro-Caine contains lidocaine, chlorhexidine, E216 and E218 (also called parabens). Hydro-Caine should not be used if you know that you are allergic or hypersensitive to parabens, chlorhexidine gluconate or any of the other ingredients. Hydro-Caine should not be used if it is going to be in contact with damaged membranes. Tell the person who is going to use Hydro-Caine if any of these apply to you.

Hydro-Caine should not be used if you know that the patient is allergic or hypersensitive to these or any of the other ingredients, or to any other "caine" type anaesthetics.

Not to be used for i/v and i/m injections.

Special Care

Care should be taken when using Hydro-Caine if the patient has:

- heart problems
- liver problems
- or if you are epileptic

Ask the patient if they are taking any medicines for treating irregular heartbeats.

*May cause skin irritation

**May cause allergic reactions (possibly delayed)

Pregnancy and Breast-feeding

During the first three months of pregnancy Hydro-Caine should only be used if absolutely necessary. Always ask the patient if they are pregnant, or if they think they might be. You can continue to breast-feed after using Hydro-Caine. The amount of lidocaine excreted in breast milk is too small to be harmful.

Effects on ability to drive and use machines

The ability to drive and operate machinery may be slightly impaired after the use of Lubricant Gel with Lidocaine. If affected, patients should be advised not to drive or use machinery.

Drug interactions

When used with the following medications, depending on the absorption of lidocaine interaction can be seen;

- **Propranolol:** Reduction in plasma clearance of lidocaine,
- **Cimetidine:** Reduction in plasma clearance of lidocaine,
- **Antiarrhythmic products:** Increase in the toxicity of lidocaine,
- **Phenytoin of barbiturates:** Reduction in plasma levels of lidocaine.

USAGE

In order to minimise the risk of infection, it is important that an aseptic technique is used at all times when applying this product to the urethra. We recommend that all local and national policies are observed including hand hygiene, urethral catheterisation and waste disposal policies.

Clinisupplies supports the use of Aseptic Non Touch Technique (ANTT) during catheterisation.

Not to be used in medical procedures where the primary function is anaesthesia.

- Advise the patient that they may initially feel some discomfort, including mild stinging, when Hydro-Caine is introduced
- Ensure the external urethral meatus and surrounding area have been cleaned

- Remove the cap from the tip of the Hydro-Caine syringe
- Insert the tip of the syringe containing Hydro-Caine into the urethral opening
- Slowly instil the required volume of Hydro-Caine. In most cases this will be either 6ml or 11ml
- Withdraw the syringe tip. Gently compress the urethral opening to prevent reflux of Hydro-Caine. In male patients, a penile clamp applied in the region of the coronal sulcus may be used
- Leave for a minimum of 5 minutes for the anaesthetic to take effect in order to promote comfort and reduce the risk of trauma
- Dispose of the syringe and cap in accordance with local policy

Storage

Hydro-Caine should not be used after the expiry date shown on the package. The product should be stored between 5-30 °C.

If packaging appears to be damaged, please do not use the product as it may no longer be sterile.

The syringe is for single use only. If the complete contents are not used, the syringe and remaining Hydro-Caine must be thrown away.

Keep Hydro-Caine out of reach and sight of children.

NOTE:- The scale of the syringe is only for the direction of the user. It does not have the measurement function.

 STERILE R	Sterilised using irradiation	 Keep dry
	Do not re-use	 5°C - 30°C Do not exceed 30° C
	Do not re-sterilise	 Keep away from sunlight
 LOT	Batch code	 Caution
	Date of manufacture	 Do not use if package is damaged
	Use by date	 Latex Free
	Consult instructions for use	

This leaflet was written in October 2017. Version 4D.
Hydro-Caine® Lubricating Gel is a registered trademark of Clinisupplies Ltd.