

TABLE 3 CONSIDERATIONS FOR EACH GEL TYPE			
Consideration	Water-soluble lubricant gel	Lidocaine hydrochloride 2%	Chlorhexidine gluconate 0.25%
Lubrication	Reduces trauma/Infection	Reduces trauma/Infection	Reduces trauma/Infection
Dilation	Reduces friction/Infection	Reduces friction/Infection	Reduces friction/Infection
Pain relief on Insertion	Follow manufacturer's guidelines. No required waiting time	Follow manufacturer's guidelines. Instil 5 mins before catheterisation	Follow manufacturer's guidelines
Transitory stinging on Insertion of gel	No	Can occur, warn patient, decrease likelihood by cooling gel to 4°C	Can occur, warn patient, decrease likelihood by cooling gel to 4°C
Contraindication?	Check allergy to Ingredients	Cardiac problems, hepatic problems, epilepsy	Can cause sensitivity and mild reactions but also anaphylactic reactions (MHRA, 2012)
Patient has multiple trauma or Injuries to urethra	No adverse reactions known	Can increase absorbency and increase risks of systemic side-effects	Not known
Excessive amounts over time (either multiple amounts or repeated)	No adverse reactions known	Can increase absorbency and increase risks	Can increase sensitivity and reactions
Prescribing	No prescription required	May require a signed prescription	May require a signed prescription