

## FREQUENTLY ASKED QUESTIONS ON OPTILUBE ACTIVE

- 1. What is OptiLube Active?**  
**OptiLube Active** is a sterile lubricating jelly which contains a local anaesthetic (Lidocaine - 2%) and antiseptic agent (Chlorhexidine Gluconate - 0.25%).
- 2. What can OptiLube Active be used for?**  
**OptiLube Active** is used to make the insertion of an instrument or tube into a body cavity as smooth, sterile and pain-free as possible. It is frequently used for urinary catheter insertion, cystoscopy, intra-uterine device insertion, hysteroscopy, naso-gastric tube insertion, proctoscopy, sigmoidoscopy and colonoscopy and during other investigative procedures.
- 3. Will the patient experience any discomfort from using OptiLube Active?**  
The local anaesthetic makes the procedure as comfortable for the patient as possible. While the jelly is taking effect, the patient may experience a mild tingling or stinging sensation. This quickly subsides as the local anaesthetic takes effect.
- 4. How long do the OptiLube Active local anaesthetic properties work for?**  
The anaesthetic effect lasts approximately 30 minutes in the urethra and cervix.
- 5. Can OptiLube Active syringes be used more than once?**  
Each syringe is designed for single use and should only be used for one patient. The pre-filled syringes are available in two sizes to suit the prospective clinical procedure and to reduce unnecessary waste.  
**OptiLube Active** comes in a 6ml and a 11ml pre-filled syringe.
- 6. Can more than one pre-filled syringe of OptiLube Active be used on a single patient?**  
Yes, but in practice this is rarely necessary due to the efficiency of the **OptiLube Active** product. If re-application of **OptiLube Active** is required, it is recommended that a period of three hours in between applications is allowed to prevent accumulation of lidocaine in the blood. This is because the half life of Lidocaine in the blood is three hours.
- 7. Is there any latex in OptiLube Active?**  
No. The syringe, **OptiLube Active** and the rubber nozzle are all latex free and hypo-allergenic.
- 8. Can OptiLube Active be used in women that are breast feeding?**  
Yes, and the woman can continue to breast feed.
- 9. Can OptiLube Active be used in pregnant women?**  
Tell the clinician preparing to use **OptiLube Active** if you are, or think you may be pregnant. **OptiLube Active** can be dangerous to the unborn baby if used at high doses and is generally avoided in pregnancy. The clinician will need to assess the risks and benefits for each individual patient.
- 10. Is OptiLube Active packaging recyclable?**  
Yes. **OptiLube Active** is supplied in cardboard boxing. This is recyclable. We are currently investigating the possibility of making the individual syringe packaging fully recyclable, we will keep you updated.
- 11. Where can I get OptiLube Active?**  
**OptiLube Active** is available:  
In the UK: NHS Supply Chain, Bunzl, Oxford Pharmacy Stores, Alliance Unichem, Phoenix, all major home delivery services, DACs, many other wholesalers and through prescription from your local pharmacy.  
International markets: a variety of partner distributors.  
Please contact the office on +44 (0) 845 643 5479 for further information.

## CLASSIFICATION

- 1. What classification is OptiLube Active?**  
**OptiLube Active** has been CE marked as a Class III Medical Device under the Medical Devices Directive 93/42/EEC
- 2. Why is OptiLube Active a Medical Device?**  
**OptiLube Active** is a Class III Medical Device in view of its primary function as a lubricating jelly, with the secondary use being the anaesthetic and antiseptic effects.
- 3. What are the benefits of being a Medical Device?**
  - The product can be obtained freely within the EU
  - The product can be freely distributed by DACs/Home delivery services into the community
- 4. What is the CE Mark?**  
The CE Mark is the symbol used by manufacturers to show that a medical device meets the relevant requirements of the Regulations and that it is fit for its intended purpose. In the EU all medical devices must be CE Marked.

## REFERENCES

- Prevention of healthcare-associated infection in primary and community care:** NICE clinical guideline 2, June 2003
- Lower urinary tract symptoms:** NICE clinical guideline 16th June 2010
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- Chung C, Chu M, Paoloni R, O'Brien MJ, Demel T** Comparison of lignocaine and water-based lubricating gels for female urethral catheterization: a randomized controlled trial. Emerg Med. 2007 Aug;19(4):315-9.
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- Garibaldi RA, Burke JP, Dickman ML, Smith CB.** Factors predisposing to bacteriuria during indwelling urethral catheterisation. New England Journal of Medicine 1974; 291 :215-218
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- Gerard LL, Cooper CS, Duethman KS, Gordley BM, Kleiber CM** Effectiveness of lidocaine lubricant for discomfort during pediatric urethral catheterization. J Urol. 2003 Aug;170(2 Pt 1):564-7



optiLubeactive™

actively enhancing  
patient wellbeing

sterile lubricating jelly  
with local anaesthetic (Lidocaine 2%)  
and antiseptic (Chlorhexidine Gluconate 0.25%)

www.optimummedical.co.uk



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optimummedical®



# optiLube active

sterile lubricating jelly  
with local anaesthetic (Lidocaine 2%)  
and antiseptic (Chlorhexidine Gluconate 0.25%)

**OptiLube Active** is a sterile lubricating jelly containing local anaesthetic (Lidocaine 2%) and antiseptic (Chlorhexidine Gluconate 0.25%), used for the insertion of catheters and instruments into the body cavity.

The jelly provides optimum lubrication, while the local anaesthetic minimises pain and the antiseptic properties reduce the risk of infection.



6ml



11ml

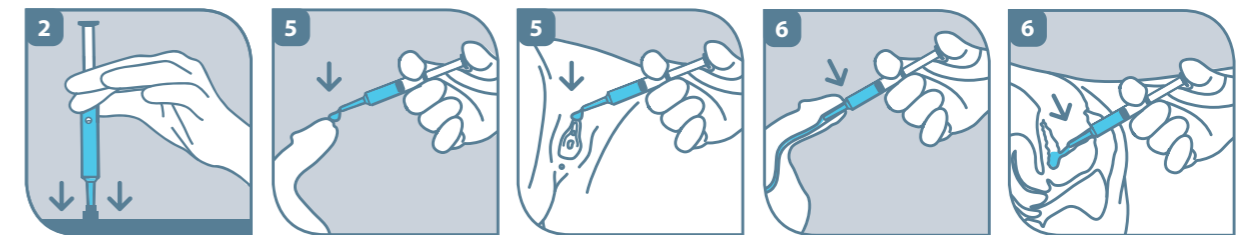


## Key strengths

- Syringe falls easily from protective tray enabling gold standard Aseptic Non Touch Technique (ANTT) when preparing a sterile field
- Manufacturing, Expiry and LOT numbers are printed on each individual syringe's tear off strip and are easily retained for accurate recording
- Syringe format is familiar to clinicians and easy to use
- Latex Free and hypoallergenic
- Eliminates the risk of suction or damage to tissue
- Easy to prime syringe for precise and controlled application
- Both 6ml and 11ml pre-filled syringes presented in a sterile package

## HOW TO USE OPTILUBE ACTIVE STERILE LUBRICATING JELLY FOR URETHRAL CATHETERISATION, INCORPORATING A GOLD STANDARD ASEPTIC NON TOUCH TECHNIQUE (ANTT)

- 1 Remove the syringe from the sterile pouch by tearing away the backing paper.
- 2 Prime the syringe by depressing the blue cap.
- 3 Gently press the plunger on the end of the syringe.
- 4 Remove the blue cap.
- 5 Apply a small amount of **OptiLube Active** around the urethral opening.
- 6 Gently insert the nozzle into the urethra.
- 7 Apply even pressure to the syringe, slowly releasing the lubricating jelly in an equal flow.
- 8 **OptiLube Active** will numb the urethra within 3-5 minutes.
- 9 Remove the syringe from the urethral opening when the desired amount of gel has been instilled.



Extensive educational resources available including Female and Male Catheterisation Training DVD and accompanying booklet.

STERILE | R | LATEX FREE | CE 0473

OMS Code	NHS Code*	PIP Code**	Product Description	Brand	Pack size
1160	FST652	366-2061	6ml Syringe	<b>OptiLube Active</b>	Pack of 10
1161	FST654	366-2079	11ml Syringe	<b>OptiLube Active</b>	Pack of 10

\* NHS Supply Chain order code for **OptiLube Active** (also available from Bunzl, Oxford Pharmacy Stores, Alliance Unichem, Phoenix, all major home delivery services, DACs, many other wholesalers and through prescription from your local pharmacy). Please contact the office on **08456435479** for further information.

\*\* **OptiLube Active** is available on part IX of the Drug Tariff.

ANAESTHETIC

ANTISEPTIC

STERILE LUBRICANT