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> [Br J Community Nurs](#). 2012 Sep;17(9):414, 416-20. doi: 10.12968/bjcn.2012.17.9.414.

OptiLube Active. The role of lubricants in urinary catheterisation

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Abstract

Catheterisation is necessary for many patients but places them at risk of developing uncomfortable and potentially lethal infections. Catheter insertion can also be painful. It is essential that all staff who perform the procedure have a clear understanding of the measures they should implement to reduce discomfort, trauma and the risk of infection to the patient. The need for staff to be trained and competent and to use an aseptic technique when undertaking the procedure are core principles for practice. Guidance advises that lubricating gels are used in all patients undergoing urethral catheterisation to minimise the risk of urethral trauma and associated infection. Gels containing a local anaesthetic make the procedure less uncomfortable, but must be applied correctly to be effective. This article will consider the actions of these gels and the potential benefits and risks associated with each, focusing on use of OptiLube Active with case studies.

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