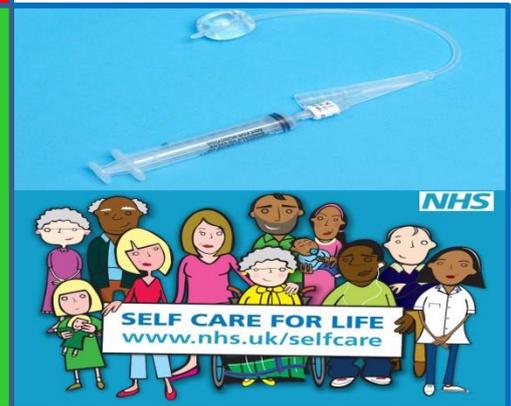


- **Farco-Fill Protect – Do not prescribe in primary care**
- **Self-Care Resources**

June 2019



Farco-fill Protect

Farco-fill Protect is a sterile solution that comes in a ready-to-use syringe. It is used to inflate urethral and suprapubic Foley catheter balloons.

It contains 0.3% triclosan, a broad-spectrum antimicrobial agent, and is used in catheters that may remain in-situ for up to 4 weeks.

Whilst Farco-fill could possibly extend the wear time of the catheter and reduce the frequency of catheter changes and clinical interventions needed to address blockages, the current evidence for its use is limited.

The current Joint Continence and Catheter Formulary for East Lancashire contains catheter choices which include prefilled syringes of sterile water in the pack.

Farco-fill Protect would be used as an alternative to the prefilled syringe and therefore an additional prescription would be required.

Given that NICE recommends more evidence is needed to determine the clinical effectiveness of Farco-fill Protect in terms of reducing encrustation, it is currently NOT recommended for prescribing within East Lancashire.

- **Farco-fill Protect should NOT be prescribed by GPs in East Lancashire**

Self-Care

Self-care is when people manage simple, short-term conditions themselves, e.g. sore throats and colds, meaning they only visit the GP when they need to. It gives people greater control of their own health and encourages healthy behaviors that help prevent ill health in the long-term.

People have a responsibility to protect their own health, choosing appropriate treatments and managing long-term conditions. In many cases people can take care of their minor ailments, reducing the number of GP consultations and allowing GPs to focus on caring for more poorly patients, such as those with co-morbidities, the very young and elderly, managing long-term conditions and providing new services.

- A range of resources are available on the ELMMB website to help support practices in promoting and delivering the Self-Care agenda.

<http://www.elmmb.nhs.uk/resource-centre/information-for-patients/>

**For further information, please contact the Medicines Management Team on
01254 282087 (BwDCCG) or 01282 644807 (EL CCG)**