

“Use of the hydrophilic coated catheter by patients on intermittent self-catheterization is associated with less hematuria and a significant decrease in the incidence of UTIs.”

Vapnek et al., 2003

Study Hypothesis

To compare the incidence of hematuria, pyuria, and clinical UTI in patients who performed intermittent self-catheterization using hydrophilic coated or standard plastic catheter

Study Type and Methods

Randomized, controlled trial, followed for 1 year

Patient Population

62 male, neurogenic bladder patients who use intermittent catheters

Catheters compared

Hydrophilic coated: LoFric^{TM*} (n= 31). Uncoated: PVC catheter (n=31)

Outcomes Measured

1. UTIs
2. Microhematuria
3. Pyuria
4. Satisfaction

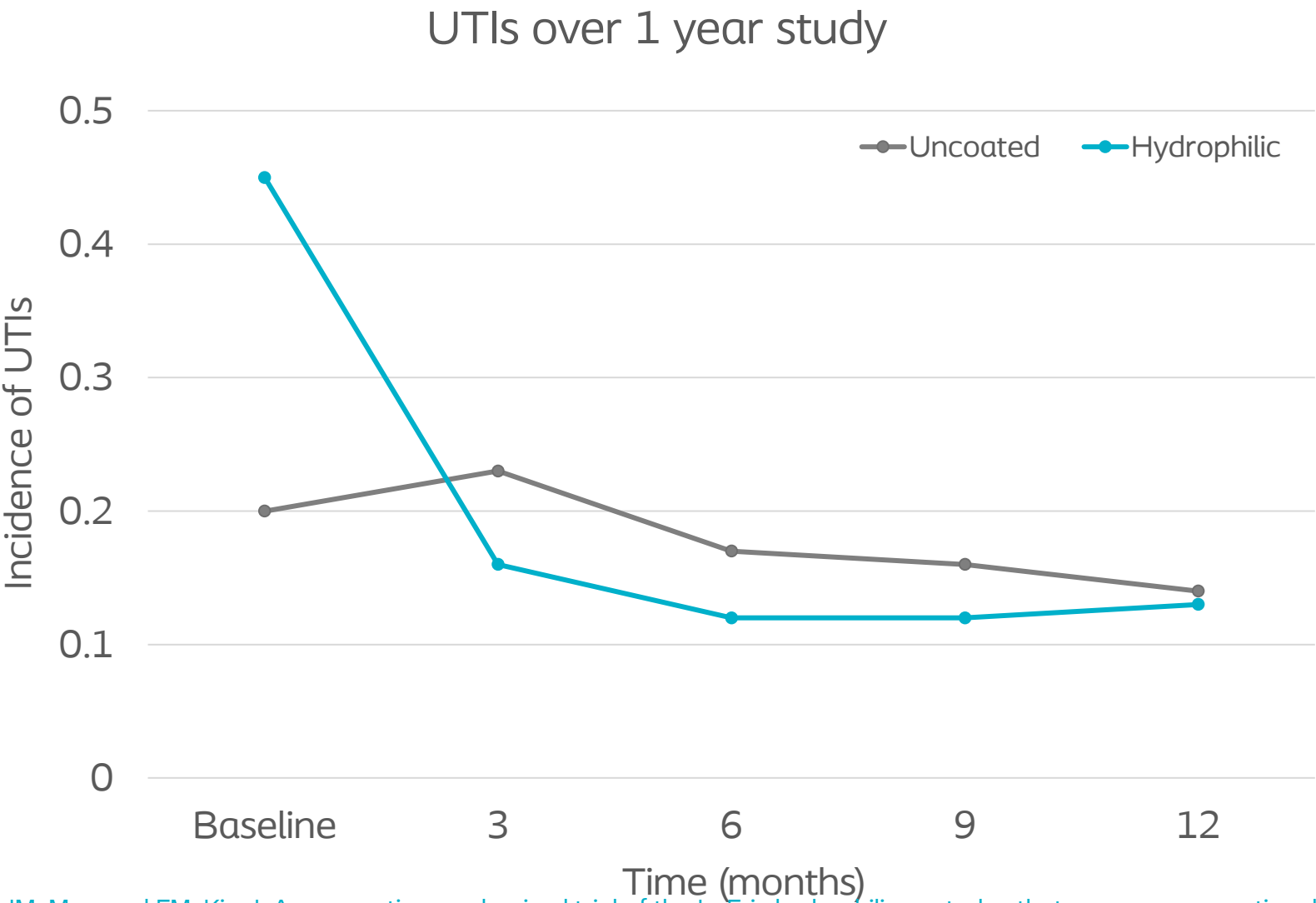
Strengths

- Randomized study design
- Only patients able to self-catheterize were included

Limitations

- Small sample size per group
- Patient attrition
- Self-reported UTI symptoms for baseline as compared to use of quarterly urine samples

The rate of UTIs significantly decreased following use of hydrophilic catheters between baseline and the 3-month follow up visit



The rate decrease from baseline in the hydrophilic group was significant ($p=0.012$)

There was no statistical difference between groups at any timepoint during the study

Vapnek JM, Maynard FM, Kim J. A prospective randomized trial of the LoFric hydrophilic coated catheter versus conventional plastic catheter for clean intermittent catheterization. *J Urol.* 2003;169(3):994-998.

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Conclusions:

- The rate of UTIs was significantly reduced with the use of hydrophilic catheters following a high number of UTIs at baseline
- No difference was seen in pyuria, bacteriuria, and incidence of UTI during the study