



Drug Therapy Protocols: Lidocaine gel 2%

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Date	March, 2026
Purpose	To ensure a consistent procedural approach to lidocaine gel 2% administration.
Scope	Applies to all Queensland Ambulance Service (QAS) clinical staff.
Health care setting	Pre-hospital assessment and treatment.
Population	Applies to all ages unless specifically mentioned.
Source of funding	Internal – 100%
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Lidocaine gel 2%

March, 2026

Drug class

Local anaesthetic.

Pharmacology

Lidocaine is a local anaesthetic which produces a reversible loss of sensation by preventing or diminishing the conduction of sensory nerve impulses near the site of application.

Metabolism

Primarily metabolised by the liver and the remainder is excreted by the kidneys.

Indications

- **Replacement of non-functioning pre-existing IDC** in line with patient specific care plans
- **Dislodgement or removal of known IDC** with subsequent:
 - Inability to void
 - Patient discomfort due to bladder distension
 - Risk of acute urinary retention or upper urinary tract compromise

Contraindications

- Allergy AND/OR Adverse Drug Reaction
- Inflammation or infection of the site

Precautions

- Nil

Side effects

- Local site reactions (itch, burning sensation, rash)

Presentation

- Pre-filled syringe, 11 mL *lidocaine hydrochloride 2% gel* (InstillaGel® Lido)

Onset

3–5 minutes

Duration

20–30 minutes

Half-life

Not applicable

Schedule

- S2

Routes of administration

Topical (urethral)



Special notes

- Ambulance officers must only administer medications for the listed indications and dosing range. Any consideration for treatment outside the listed scope of practice requires mandatory approval via the *QAS Clinical Consultation and Advice Line*.
- Lidocaine 2% is to be applied for the purposes of indwelling catheter (IDC) management. For more detail, refer to *CPP: Other/Indwelling urinary catheter insertion*.
- InstillaGel® Lido gel contains a sterile lubricant.
- Males may require 20 mL (i.e., more than 1 pre-filled syringe) for adequate analgesia, the patient's age and physical status should be considered in calculating the required dose.

Adult dosages

- **Replacement of non-functioning pre-existing IDC** in line with patient specific care plans
- **Dislodgement or removal of known IDC** with subsequent:
 - Inability to void
 - Patient discomfort due to bladder distension
 - Risk of acute urinary retention or upper urinary tract compromise



Topical (urethral)

Females: 1 pre-filled syringe (11 mL)

Apply **3–5 minutes** before insertion of catheter.

Males: 1–2 pre-filled syringe(s) (11 mL–22 mL)

Apply **3–5 minutes** before insertion of catheter.

Paediatric dosages

Note: QAS officers are **NOT** authorised to administer lidocaine 2% to paediatric patients.