

## HOW TO CARE FOR YOUR UGO FIX CATHETER STRAP

- Always wash and dry your hands before and after handling your catheter and leg bag tubing. If someone else is handling your catheter and leg bag tubing, they must wash and dry their hands and apply a clean pair of gloves on every occasion to avoid cross infection.
- Do not disconnect your leg bag during fitting of the **Ugo Fix Catheter Strap**. It's designed specifically to allow fitting without disconnecting the system. Disconnecting the system unnecessarily increases your risk of introducing infection.
- We recommend that you change your **Ugo Fix Catheter Strap** daily along with your catheter hygiene regime. Only change sooner if it's damaged or soiled.
- It's important that you check your skin under the strap regularly and ensure your catheter strap is not too tight.
- It's important you do not let your catheter or leg bag hang down unsupported as this will cause discomfort and may cause trauma to your bladder or urethra. Always support the weight of your catheter and/or leg bag when fitting your **Ugo Fix Catheter Strap**.
- The **Ugo Fix Catheter Strap** is not waterproof however you can still bathe or shower when wearing it. Replace the wet catheter strap with a clean dry one afterwards.

- Replace your box of straps when the elasticity and support is reduced from washing and stretching. This is usually 25-30 washes in a domestic machine following the washing instructions provided.
- We recommend that you remove the **Ugo Fix Catheter Strap** at bedtime and follow your usual overnight drainage regime, as recommended by your nurse or doctor.
- Always make sure you have a spare, clean **Ugo Fix Catheter Strap**. For further supplies please contact your nurse or doctor. Please refer to the ordering information contained in this booklet. Alternatively you can email [ugo@optimummedical.co.uk](mailto:ugo@optimummedical.co.uk) or call +44(0)845 643 5479 or more information about how to order.
- If you use a larger volume leg bag (750ml) or are physically active you may require additional fixation and support. You may benefit from using your **Ugo Fix Catheter Strap** along with the **Ugo Fix Sleeve**.
- If you are concerned that your catheter is not draining urine or you are in discomfort then contact your doctor or nurse immediately.

To maintain the optimum performance of the **Ugo Fix Catheter Strap**, we recommend you wash the strap in a laundry bag. To assist with this we provide a laundry bag in each box.



**WARNING:**  
KEEP OUT OF REACH OF CHILDREN



## ORDERING INFORMATION

To order the **Ugo Fix Catheter Strap** please speak to your nurse or doctor and refer to the information below.

Alternatively you can call +44(0)845 643 5479 or email [ugo@optimummedical.co.uk](mailto:ugo@optimummedical.co.uk) for more information about how to order.

OM Code	PIP Code	NHS Code	Product Description	Inner Box
3001	393-3371	FUV011	<b>Ugo Fix Catheter Strap</b> - Extra Short (up to 35cm)	Box of 5
3002	393-3389	FSS1068	<b>Ugo Fix Catheter Strap</b> - Short (up to 45cm)	Box of 5
3003	393-3397	FSS1069	<b>Ugo Fix Catheter Strap</b> - Medium (up to 80cm)	Box of 5
3009	393-3405	FSS1070	<b>Ugo Fix Catheter Strap</b> - Long (up to 130cm)	Box of 5
3010	393-3413	FUV010	<b>Ugo Fix Catheter Strap</b> - Extra Long (up to 180cm)	Box of 5

**ugofix.**  
catheter strap

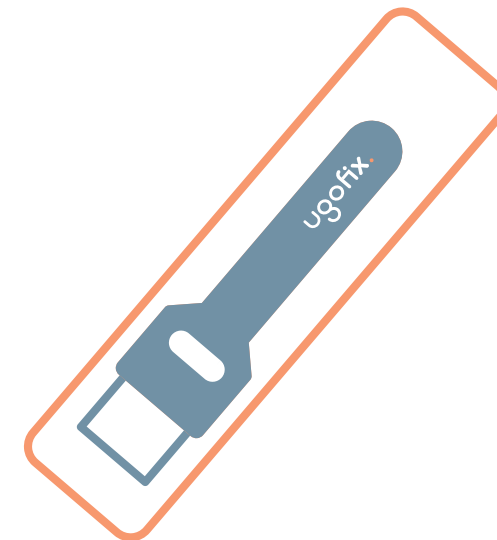
To find out more about the **Ugo Fix Catheter Strap** please contact: [ugo@optimummedical.co.uk](mailto:ugo@optimummedical.co.uk)

Find our more about all **Ugo Urology** products here:  
[www.ugourology.co.uk](http://www.ugourology.co.uk)

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[www.optimummedical.co.uk](http://www.optimummedical.co.uk)

**ugofix.**  
catheter strap



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Designed to fix and support  
urethral and suprapubic  
catheters and sheath systems

## INTRODUCTION

For those who need to have a catheter fitted, we understand the big issue is confidence – the confidence to do all the things you're used to doing. As specialists in urology products, we've spent a lot of time listening to you, and developing products that offer performance, comfort and instil that all-important confidence.

The **Ugo Fix Catheter Strap** has been prescribed for you by a healthcare professional following a bladder and catheter assessment. It's important that you use your catheter strap as instructed by your nurse or doctor as part of your ongoing catheter management plan.

The **Ugo Fix Catheter Strap** is a medical device purpose designed for the effective support and fixation of catheters and tubing from urinary leg bags. The **Ugo Fix Catheter Strap** can be used with an indwelling urethral or suprapubic catheter. It's suitable for both men and women.

Only use the **Ugo Fix Catheter Strap** if it has been prescribed for you by a healthcare professional and you (or your carer) have the ability to fit and change it at regular intervals.

This booklet will inform you about the benefits of using the **Ugo Fix Catheter Strap** and also includes detailed instructions as to how the catheter strap can be used and cared for.

## BENEFITS OF USING A UGO FIX CATHETER STRAP

The **Ugo Fix Catheter Strap** is purpose designed to support the weight of a urinary leg bag and retain the catheter or leg bag tubing in a fixed position. This reduces the risk of trauma at the bladder neck and within the urethra, prevents twisting of tubing and allows a free flow of urine.

The **Ugo Fix Catheter Strap** is easy to fit and comfortable to wear. The silicone technology ensures a firm grip on the skin without causing irritation.

The hypoallergenic **Ugo Fix Catheter Strap** is reusable and washable. It's supplied in boxes of 5, and each box comes with its own laundry bag to assist with the daily wash and wear cycle.

## SELECTING THE CORRECT SIZE OF UGO FIX CATHETER STRAP

The **Ugo Fix Catheter Strap** can be worn on the lower abdomen or leg. The position you secure your catheter strap will depend on whether you have a urethral or suprapubic catheter, the length of your catheter and leg bag tubing, your leg bag volume and your level of mobility. Ask your nurse or doctor if you are unsure where the best position is.

Using a measuring tape (**Ugo Fix** disposable and reusable tapes are available) measure around your lower abdomen or leg at the position you intend to wear your **Ugo Fix Catheter Strap** and select the correct length strap. Please see table on reverse as a guide.

All **Ugo Fix Catheter Straps** are fully adjustable and can be cut to size.

## HOW TO POSITION YOUR UGO FIX CATHETER STRAP

### BEFORE SECURING THE TUBING/CATHETER

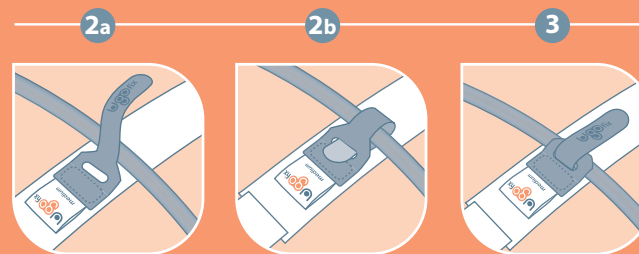
- 1 Place the strap around either the leg or lower abdomen in the desired position with the two silicone lines facing down on the skin.

Ensure the strap is not too tight and the **Ugo Fix** strip is positioned where easily accessible.

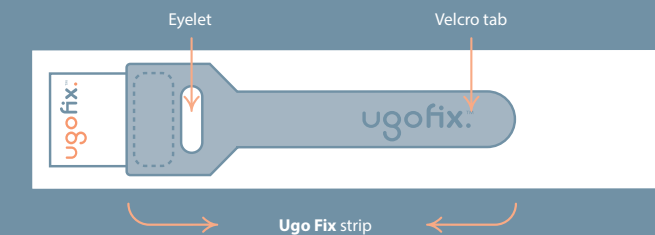
### SECURING THE TUBING/CATHETER

- 2 Lift the **Ugo Fix** strip and (a) wrap it over and under the tubing and then (b) through the eyelet.
- 3 Ensure the **Ugo Fix** strip is in the desired position and has a firm hold of the tubing, then secure in place onto the catheter strap using the Velcro tab.

Finally ensure the catheter is not pulling when stood up and that you are able to move around comfortably with the **Ugo Fix Catheter Strap** in place.

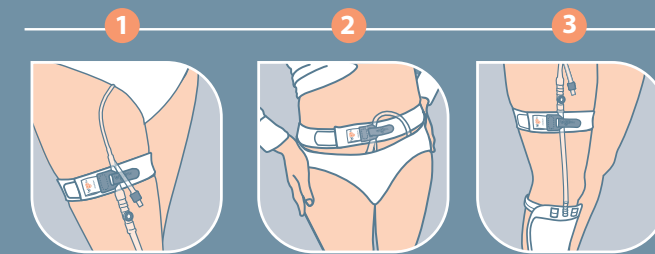


## THE UGO FIX STRIP



### CATHETER STRAP PLACEMENT OPTIONS

- 1 Using the **Ugo Fix Catheter Strap** at the catheter bifurcation
- 2 Using the **Ugo Fix Catheter Strap** on lower abdomen to secure a suprapubic catheter attached to a valve
- 3 Using the **Ugo Fix Catheter Strap** on the leg bag tubing



scan to watch how to use... >>>

