

WHERE CAN I WEAR MY UGO LEG BAG?

Your **Ugo Leg Bag** conforms to your natural leg shape and is available in 3 volumes. They're designed to be worn under your clothing on your leg.

Where on your leg you choose to wear your **Ugo Leg Bag** will depend on many factors personal to you. These may include 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.

In addition to this you may need to consider which clothes you prefer to wear and the normal daily activities which you take part in. Ask your nurse if you are unsure of the best position to wear your **Ugo Leg Bag**.

If you would prefer an alternative drainage option to the one you have been prescribed, the **Ugo Catheter Valve** provides an alternative option for patients who have been assessed to use one by a healthcare professional.

Speak to your nurse or alternatively visit www.ugourology.co.uk to find out if this is a suitable drainage option for you.



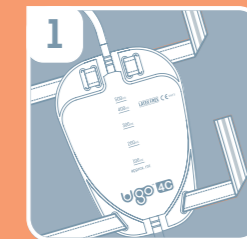
HOW TO FIT MY UGO FIX LEG BAG STRAPS

It's important that you do not let your catheter or leg bag hang down unsupported as this will cause discomfort. Always support the weight of your leg bag when fitting the **Ugo Fix Leg Bag Straps**.

FITTING OPTIONS:

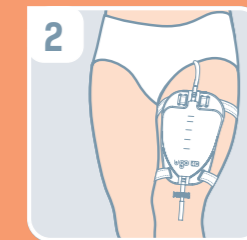
METHOD A

Using both straps to attach your **Ugo Leg Bag** to your thigh or shin



1 Feed the long **Ugo Fix Leg Bag Strap** (75cm) through the 4 holes in the top of your **Ugo Leg Bag** and the short **Ugo Fix Leg Bag Strap** (45cm) through the bottom 2 holes

Ensure the silicone line will be facing down onto your skin

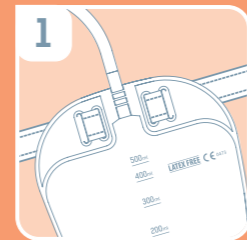


2 Attach the straps around your thigh or shin in the desired position and use the Velcro tabs to secure in place (it is usually easiest to fit the top strap first)

Ensure your **Ugo Leg Bag** is supported and that you are able to move around comfortably with it in place

METHOD B

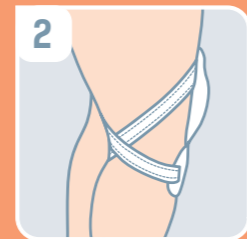
Using the long strap to attach your **Ugo Leg Bag** to your upper knee



1 Feed the long **Ugo Fix Leg Bag Strap** (75cm) through the 4 holes in the top of your **Ugo Leg Bag**

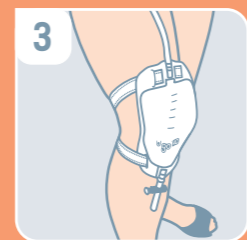
2 Take both ends of the **Ugo Fix Leg Bag Strap** and pass around your thigh just above your knee

Cross the straps at the back of the knee



3 Bring the two ends of the strap to the front of your leg and feed through the bottom 2 holes of your **Ugo Leg Bag**, attaching with the Velcro tab behind the bag

Ensure your **Ugo Leg Bag** is supported and that you are able to move around comfortably with it in place



KEY TIP

If the long **Ugo Fix Leg Bag Strap** (75cm) is not long enough for Method B, you can attach it to the short **Ugo Fix Leg Bag Strap** (45cm) using the velcro tab for extra length before attaching to your leg.

Alternatively, you can use the **Ugo Fix Sleeve** (leg bag holder) for extra support.



To find out more about the **Ugo Leg Bags** please contact: ugo@optimummedical.co.uk

Find our more about all **Ugo Urology** products here: www.ugourology.co.uk



scan to watch how to use...

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YOUR CALENDAR

Change your **Ugo Leg Bag** every 7 days. Only change it sooner if damaged or contaminated.

| January | | | | | | |
|---------|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

| February | | | | | | |
|----------|----|----|----|----|----|----|
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| March | | | | | | |
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| July | | | | | | |
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| August | | | | | | |
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| September | | | | | | |
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| October | | | | | | |
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| November | | | | | | |
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| December | | | | | | |
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| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 | | | | |

Use the calendar to keep track of when you need to change your **Ugo Leg Bag**.

ORDERING INFORMATION

To order the **Ugo Leg Bags** 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 for more information about how to order.

LEG BAGS

COMMUNITY LEG BAGS - fabric backing - 1 pair of Ugo Fix Leg Bag Straps in every box

| PR NAME | PR CODE | PIP CODE | BAG VOL | TUBE LENGTH | TAP DESIGN | INNER BOX |
|---------|-------------|----------|---------|--------------|------------|-----------|
| Ugo 1C | 1C/500/ST/L | 400-8546 | 500ml | Short Tube | Lever Tap | Box of 10 |
| Ugo 2C | 2C/500/LT/L | 400-8603 | 500ml | Long Tube | Lever Tap | Box of 10 |
| Ugo 3C | 3C/500/ST/T | 400-8611 | 500ml | Short Tube | T tap | Box of 10 |
| Ugo 4C | 4C/500/LT/T | 400-8629 | 500ml | Long Tube | T tap | Box of 10 |
| Ugo 5C | 5C/350/DI/L | 400-8637 | 350ml | Direct Inlet | Lever Tap | Box of 10 |
| Ugo 6C | 6C/350/ST/L | 400-8645 | 350ml | Short Tube | Lever Tap | Box of 10 |
| Ugo 7C | 7C/750/ST/L | 400-8652 | 750ml | Short Tube | Lever Tap | Box of 10 |
| Ugo 8C | 8C/750/LT/L | 400-8660 | 750ml | Long Tube | Lever Tap | Box of 10 |

HOSPITAL LEG BAGS - no fabric backing - 1 pair of Ugo Fix Leg Bag Straps in every pouch

| PR NAME | PR CODE | BAG VOL | TUBE LENGTH | TAP DESIGN | INNER BOX |
|---------|-------------|---------|-------------|------------|-----------|
| Ugo 1H | 1H/500/ST/L | 500ml | Short Tube | Lever Tap | Box of 10 |
| Ugo 2H | 2H/500/LT/L | 500ml | Long Tube | Lever Tap | Box of 10 |
| Ugo 3H | 3H/500/ST/T | 500ml | Short Tube | T tap | Box of 10 |
| Ugo 4H | 4H/500/LT/T | 500ml | Long Tube | T tap | Box of 10 |

LEG BAG STRAPS

| PR NAME | PR CODE | PIP CODE | INNER BOX |
|------------------------|---------|----------|----------------------------------|
| Ugo Fix Leg Bag Straps | 3011 | 400-8538 | 10 pairs - one 75cm and one 45cm |



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www.optimummedical.co.uk

ugo.™
leg bags



Thoughtful range of urinary leg bags

USER GUIDE

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.

Ugo Leg Bags are designed to meet a wide range of differing personal needs. They're designed for the collection, storage and drainage of urine from suprapubic catheters, urethral catheters and sheath systems.

You have been prescribed a urine bag from the **Ugo Urine Drainage** range by a healthcare professional following a bladder and catheter assessment. It's important that you use your urine bag as instructed by your nurse or doctor as part of your ongoing catheter management plan.

Only use the **Ugo Leg Bag** if it has been prescribed for you by a healthcare professional and you (or your carer) have the ability to change it, empty it regularly and care for it.

This booklet will inform you about the benefits of using the **Ugo Leg Bag** including detailed information as to how your urine bag can be used and cared for.

Designed to be used with either an indwelling urethral or suprapubic catheter



Ugo Leg Bags are purpose designed with several benefits to ensure that you feel comfortable and confident to go about your normal daily activities when wearing them.

Durable yet soft medical grade plastic material for strength and effective support.

Material designed to reduce noise when moving and unwanted odours.

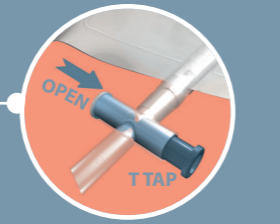


WARNING:
KEEP OUT OF REACH OF CHILDREN



SOME KEY PATIENT-FOCUSED BENEFITS ARE:

- 1 Connector located at the top of the drainage tube is stepped to ensure secure connection to all catheter materials.
- 2 Special sample port for collection of urine samples by your nurse or doctor if required.
- 3 The tube which drains urine from your bladder is soft, clear and narrower than standard tubes to prevent skin marking from leg bag tubing.
- 4 Non return valve at the top of the **Ugo Leg Bag** to prevent urine returning up the tubing.
- 5 Four eyelets ensure level fixation when using the enclosed **Ugo Fix Leg Bag Straps**.
- 6 Unique naming and numbering system for easy re-ordering.
- 7 Soft silicone outlet tubing is designed to be the perfect length for kink-free link drainage
- 8 Choice of lever tap or T tap drainage valve, both of which are secure and simple to use.



HOW TO CARE FOR YOURSELF AND YOUR UGO LEG BAG AND UGO 2L DRAINAGE BAG

- Always wash and dry your hands before and after handling your **Ugo Leg Bag** or **Ugo 2L Drainage Bag**. If someone else is handling your bags they **MUST** wash and dry their hands and apply a clean pair of gloves on every occasion to avoid cross infection.
- You should only disconnect your **Ugo Leg Bag** from your catheter when you need to change it as breaking the system unnecessarily increases your risk of introducing infection.
- Change your **Ugo Leg Bag** every 7 days. Only change it sooner if it is damaged or contaminated.
- You can still bathe and shower whilst wearing your **Ugo Leg Bag**, simply dry it afterwards by patting dry with a clean towel. Daily bathing or showering using soap is recommended when you have a catheter. No additional cleansing creams or powders are advised.
- When emptying and changing your **Ugo Leg Bag**, it's important that you do not touch the ends of the catheter or the stepped connector as this increases your risk of introducing infection.
- Your **Ugo Leg Bag** is supplied sterile. It's important that it is only connected once then discarded and no attempt is made to re-sterilise or re-use the leg bag.
- If the **Ugo Leg Bag's** packaging is broken, do not use as it will no longer be sterile.
- Always make sure you have a spare **Ugo Leg Bag**. For further supplies please contact your nurse or doctor and refer to the ordering information at the front of this booklet.

- The volume markings on the **Ugo Leg Bags** and **Ugo 2L Drainage Bags** are an approximate guide only. For accurate recording of urine output please drain urine into a clean measuring jug (used only for your urine).
- As a catheter user it's possible to be sexually active. Please speak to your nurse or doctor who will be more than happy to advise you.
- It's important that you drink plenty of fluids and eat a healthy diet to avoid constipation whilst you have a catheter. Speak to your nurse for advice specific to you.
- If you're concerned that your catheter is not draining urine and you're in discomfort or feel unwell then contact your nurse or doctor immediately.
- If you're asked to provide a urine sample this **MUST** be obtained using the needle free sample port at the top of your leg bag. Your nurse or doctor will need to carry out this procedure using a special syringe and an aseptic technique. The port must be disinfected prior to the sample being obtained.
- Although your **Ugo Leg Bag** benefits from a non-return valve at the top of the bag to prevent urine returning back into your bladder, it's still recommended that you wear your **Ugo Leg Bag** below the level of your bladder to ensure optimum drainage. However you may find that if you wear your **Ugo Leg Bag** too low down on your leg it may create a suction within your bladder and the catheter may stop draining. Please speak to your nurse or doctor for advice on where to wear your leg bag.
- It's important that 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. There are a range of supportive devices available which your nurse can advise you on including the **Ugo Fix Catheter Strap**, **Ugo Fix Gentle** and **Ugo Fix Sleeve**.

HOW TO USE YOUR UGO LEG BAG

HOW TO ATTACH YOUR UGO LEG BAG TO YOUR CATHETER

Change your **Ugo Leg Bag** every 7 days. Only change it sooner if it becomes damaged or soiled.

- 1 Wash and dry your hands (if a carer is changing the leg bag for you they must apply a clean pair of gloves after drying their hands).
- 2 Remove any straps or sleeve which are supporting your **Ugo Leg Bag** to your leg.
- 3 Open the pouch packaging for a new **Ugo Leg Bag** and remove the protective cap from the leg bag stepped connector.
- 4 Detach the old leg bag from the catheter and immediately insert the stepped connector from the new leg bag ensuring an adequate seal (the leg bag is supplied in the closed position).
- 5 The discarded protective cap from the new **Ugo Leg Bag** can be attached to the stepped connector of the old leg bag prior to disposal to prevent leakage of any urine remaining in the tube.
- 6 Apply your leg bag fixation and support devices and adjust to ensure optimum drainage and comfort.
- 7 Empty the urine from your old leg bag into the toilet and dispose of the bag as recommended by your nurse.
- 8 Wash and dry your hands.

It's important that you **do not touch the ends of the catheter or leg bag connector** during the change (non touch technique).

HOW TO EMPTY YOUR UGO LEG BAG

It's important that you ask your nurse how frequently you need to empty your **Ugo Leg Bag**. This will depend on how much urine you produce and the volume capacity of the leg bag you choose to wear. It's generally recommended to empty your leg bag when 2/3 full.

- 1 Wash and dry your hands (if a carer is emptying your bag for you they must apply a clean pair of gloves after drying their hands).
- 2 Hold the outlet tap over a clean toilet or suitable clean receptacle (used only for your urine drainage).
- 3 Open the tap by sliding the T tap or pushing the lever tap down.
- 4 Allow the bag to drain completely (try to avoid contact between the drainage tap and the receptacle) then close the tap.
- 5 Dry the end of the soft silicone outlet tubing with a clean wipe if necessary.
- 6 Wash and dry your hands.

