

HOW TO REMOVE THE UGO SHEATH



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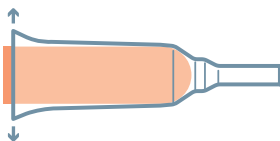
Wash and dry your hands (if a carer is fitting the sheath for you then they must apply a clean pair of gloves after drying their hands).

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To remove the **Ugo Sheath**, release the base of the sheath all the way around.

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Use warm water and soap or use an adhesive remover to help ease the sheath off by rolling.



HOW TO CARE FOR YOUR UGO SHEATH

- After the **Ugo Sheath** is fitted, ensure it is connected to an appropriate urine drainage bag with no twisting or kinking of the sheath or tubing
- Make sure you're comfortable and can move around freely and confidently with the sheath system in place
- Secure and support leg worn urine drainage system to prevent pulling on the sheath (if a 2L urine drainage bag is used then this must be attached to a stand or a hanger)
- Maintain a good daily hygiene routine by washing with soap and water between each sheath fitting
- Allow enough time for the penis skin to dry and inspect your skin between sheath fittings
- It's important that the lid is kept closed to protect the sheaths between use. Once the box has been opened then use within 3 months

POTENTIAL COMPLICATIONS AND SIDE EFFECTS:

There is an increased risk of complications from wearing a sheath if you have decreased sensation and if the Ugo Sheath is not sized and fitted correctly.

Remove the **Ugo Sheath** immediately if you experience any of the following and seek medical help:

- Swelling, inflammation or discomfort of the penis
- Lesions or broken skin on the penis
- Compression or discolouration of the penis
- Cloudy or foul-smelling urine
- Feeling unwell, high temperature, nausea/vomiting or in any pain/discomfort
- Urine not draining into the urine drainage bag
- Urine leaking from the sheath or sheath falling off

THE SHEATH IS CONTRAINDICATED...

- If you have urinary retention
- If your skin is broken, inflamed or swollen
- If you're sensitive or allergic to silicone
- If you have a retracted penis (and are unable to fit the sheath)

WARNINGS

- Don't use moisturisers, moisturising soap, shower gel, wet wipes, baby wipes or talcum powder as they may affect the adhesion of the sheath
- Don't use on skin which is broken or inflamed
- Don't shave pubic area as may cause skin irritation
- Don't use sheath if damaged or soiled
- Keep out of reach of children



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ORDERING INFORMATION

To order the **Ugo Sheath** 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.

CODE	PR NAME	LENGTH	DIAMETER	INDIVIDUAL BOX	INNER BOX	OUTER CASE
3100	Ugo Sheath	Standard	0 25mm	7 pcs	28 pcs	
3101	Ugo Sheath	Standard	0 28mm	7 pcs	28 pcs	
3102	Ugo Sheath	Standard	0 30mm	7 pcs	28 pcs	
3103	Ugo Sheath	Standard	0 32mm	7 pcs	28 pcs	
3104	Ugo Sheath	Standard	0 36mm	7 pcs	28 pcs	
3105	Ugo Sheath	Standard	0 40mm	7 pcs	28 pcs	
3106	Ugo Sheath	Pop-On	0 25mm	7 pcs	28 pcs	
3107	Ugo Sheath	Pop-On	0 28mm	7 pcs	28 pcs	
3108	Ugo Sheath	Pop-On	0 30mm	7 pcs	28 pcs	
3109	Ugo Sheath	Pop-On	0 32mm	7 pcs	28 pcs	
3110	Ugo Sheath	Pop-On	0 36mm	7 pcs	28 pcs	
3111	Ugo Sheath	Pop-On	0 40mm	7 pcs	28 pcs	

3100-3111-UG-Jan19-V1.0

To find out more about the **Ugo Sheath**, please contact **ugo@optimummedical.co.uk**.

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



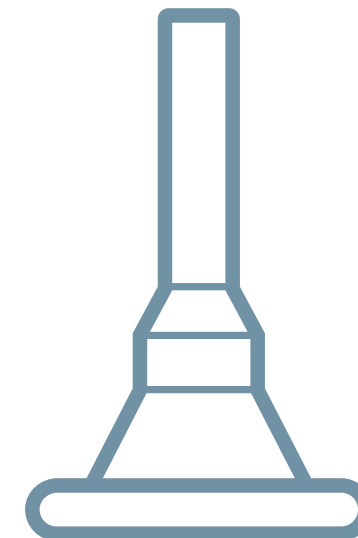
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ugo.
sheath™



INTRODUCTION

For those who need to have a sheath 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 Sheath** is a medical device designed for the management of male urinary incontinence by external application over the penis. It is connected to a urine drainage bag to drain urine.

Only use the **Ugo Sheath** if it has been recommended 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 of the benefits of using a **Ugo Sheath**, provide a visual guide of how to use the **Ugo Sheath** and how to care for it.

BENEFITS OF USING A UGO SHEATH

We understand that your continence can impact your well-being and quality of life. Urinary sheaths can provide a secure and effective way to stay dry, enabling you to feel more comfortable and confident.

The **Ugo Sheath** is purpose designed to help you to manage your continence, securely attaching to a urine drainage bag allowing it to fill discreetly.

The **Ugo Sheath** is easy to fit and comfortable to wear. The adhesive inside the inner surface ensures that it reliably stays in place while urine drains. It incorporates a universally sized spout to connect to a wide range of urine drainage bags and the silicone, latex-free material is hypoallergenic.

The **Ugo Sheath** is provided in compact, discreet and protective packs of 7, inside a box of 28. This useful monthly supply allows organised management of your continence supplies, improving ordering efficiency and preventing unwanted stock piling in your home.

At **Optimum Medical**, we understand the importance of looking after our environment. For that reason we have developed the **Ugo Sheath** packaging by using as little plastic content as possible. Each easy-to-store box has been thoughtfully designed and is fully recyclable after use.

For your convenience, the **Ugo Sheath** also contains protective, waterproof, pocket-sized pouches which enable you to discreetly take a sheath with you, for your added peace of mind.

SELECTING THE CORRECT SIZE OF YOUR UGO SHEATH

Achieving the correct fit of the **Ugo Sheath** is essential to ensure it is effective.

First you will need to choose the right sheath length for you - there are 2 lengths available: Standard and Pop-On (which is the shorter length option).

Once you have selected the right length, you'll need to choose the correct sheath diameter by using the **Ugo Sheath** measuring guide.

Ask a trained healthcare professional if you are unsure which is the right size for you.

Note: When sizing for a sheath take into consideration natural changes in penis size.



CODE	PR NAME	LENGTH	DIAMETER
3100	Ugo Sheath	Standard	Ø 25mm
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3102	Ugo Sheath	Standard	Ø 30mm
3103	Ugo Sheath	Standard	Ø 32mm
3104	Ugo Sheath	Standard	Ø 36mm
3105	Ugo Sheath	Standard	Ø 40mm
3106	Ugo Sheath	Pop-On	Ø 25mm
3107	Ugo Sheath	Pop-On	Ø 28mm
3108	Ugo Sheath	Pop-On	Ø 30mm
3109	Ugo Sheath	Pop-On	Ø 32mm
3110	Ugo Sheath	Pop-On	Ø 36mm
3111	Ugo Sheath	Pop-On	Ø 40mm

Patient suitability and assessment for a urinary sheath and the sizing and fitting should always be carried out after a full patient assessment and in accordance with local and national best practice policies and procedures by appropriately qualified and trained personnel.

HOW TO FIT THE UGO SHEATH

- 1 Select the correct **Ugo Sheath**.

- 2 Ensure the penis is clean and dry and inspect the skin to check that it is intact before fitting the sheath.

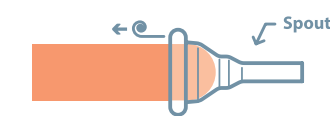
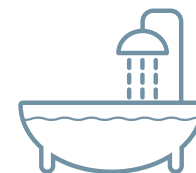
Note: Maintain a good daily hygiene routine by washing with soap and water between each sheath fitting.

- 3 Wash and dry your hands (if a carer is fitting the sheath for you then they must apply a clean pair of gloves after drying their hands).

- 4 Trim any hair which may get caught in the sheath and if necessary use the enclosed gauze fabric square hair guards.



THE UGO SHEATH CAN BE WORN UP TO 24 HOURS



- 5 Position the **Ugo Sheath** over the end of your penis.

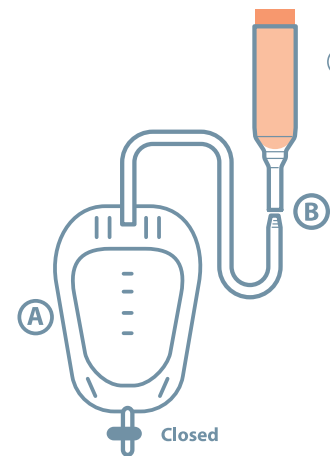
Note: Ensure your foreskin is in place covering the glans penis and not retracted when fitting the sheath.

Leave a small space between the end of the penis and the base of the sheath spout.



- 6 Fully unroll the **Ugo Sheath** along the length of the penis ensuring that it rolls evenly.

Note: Hold the sheath in place to ensure the adhesive has bonded.



- 7 Secure the urine drainage bag to your leg first (A), using appropriate fixation devices and make sure you are comfortable and can move around freely before connecting to the sheath (B), to avoid any twisting as this may prevent drainage.

Fit the urine drainage bag connector into sheath spout (B) ensuring it isn't pushed too far in and that the tubing isn't twisted or the sheath spout hasn't kinked. Make sure the tap on the bag is in the closed position.