

Supporting you with the Management of your Urinary Sheath



MANFRED SAUER CARE
NHS Prescription Dispensing Service

Many people experience problems with urinary incontinence at some stage of their life. This in turn can have a negative effect on the individual's state of mind and overall quality of life.

At Manfred Sauer Care we understand this and aim to support you in the best way possible, enabling you to manage your continence issues in order that you can lead a full and satisfying life.

Wearing a urinary sheath can be an excellent way for men to manage their incontinence.

There is a wide variety of sheaths available and they come in varying sizes and materials. Your nurse will be able to advise you on which sheath would be best for you and help you in arranging samples and/or prescription supplies.

Assessment

It is vital when using a urinary sheath that you are assessed properly to ensure that you have the correct size. This is done using a specially designed measuring guide and will help to ensure that the sheath you are given is neither too small, which could lead to discomfort and sore skin, or too big, which is likely to lead to urine leakage or the sheath falling off.

Note: Urinary sheaths also come in standard length or shorter length which is helpful in enabling best fit.

Once you have the correct sheath size, your nurse will be able to obtain samples for you and you will be in a better position to make an informed choice.

Fitting your Sheath

- Before fitting your sheath, ensure the penis and surrounding area is washed and dried thoroughly.
- NO NOT use creams, talcum powder or any moisturising products as all of these could affect sheath adhesion and lead to them falling off.
- Pubic hair may be trimmed to make wearing and removal of the sheath more comfortable, but it is NOT advisable to shave the area.
- Some sheaths come with a paper or cotton hair guard to help push the pubic hair out of the way, but you could easily use a piece of kitchen paper with a hole in it to do the same job.
- A skin prep wipe may be recommended and applied to the skin on the shaft of the penis. This helps to protect the skin and, in some cases, also aids adhesion.
- To fit the sheath itself always follow individual manufacturers guidelines.
- Usually you will be required to place the end of the sheath over the penis and unroll it along the shaft as far as it will go.
- Help secure the sheath by firmly holding it in place for a few seconds as the warmth of your hand will help activate the sheath adhesive.
- Once fitted you will need to attach a drainage bag which can be worn on your leg. Again, there are many to choose from, but your nurse will be able to advise you.



Sheath measuring guide



Rolled Sheath



Unrolled Sheath

Your nurse can write any specific instructions for your brand of sheath here:

Removing and Changing your Sheath

- Your urinary sheath can stay in place for 24 hours if required. Naturally it needs to have been fitted correctly following the instructions given.
- When it comes to removing your sheath, it is advisable to do so in a bath or shower if possible. If not, then use plenty of warm soapy water.
- There are also special medical adhesive removers available if required.
- Gently roll your sheath off and place it in a disposal bag in your general household rubbish.
- Wash and thoroughly dry your skin again and when ready, you can apply a new sheath.

Drainage Bags

There is a large choice of drainage bags available to use with your sheath. Your nurse will be able to advise you and help you choose the system that best suits your needs.

Fitting a leg bag

- Open the packaging and remove the cap from the end of the bag tubing
- Insert the tapered tip in to the open end of your sheath and ensure it is pushed in securely.
- Be sure to 'push' the bag in to the end of the sheath and DON'T twist, to avoid any obstruction in urine flow.



NOTE: Some drainage bag tubing is adjustable, and you can cut it to a length that suits you. A spare connector is provided with these bags.

- Next you will need to secure your leg bag to your leg.
- If using Velcro straps, slide the straps through the holes in the bag and ensure that they run along the back of the bag and not the front so that there is no obstruction of the urine flow.
- Ensure the silicone grip side of the strap is against your leg and secure with the Velcro snugly but not too tight.
- Alternatively, you may choose to use a leg bag sleeve. Please follow the manufacturer's fitting instructions for these items.
- Finally, check that all connections are secure and that the drainage tap is in the closed position and you are ready to go.

NOTE: Guidelines state that you should change your leg bag every 5-7 days

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Fitting an Overnight bag

- The average night bag will hold 2000mls but there are larger capacity bags available if required
- You can choose between a drainable night bag (changed every 5-7 days) or a non-drainable/ disposable night bag which is thrown away every day.

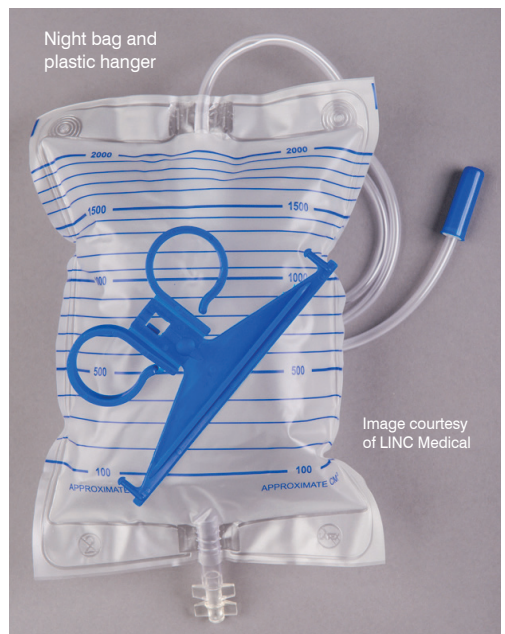
NOTE: in some areas it is policy to only provide non-drainable night bags, but your nurse will be aware of this

- You can connect your night bag in to the bottom of your leg bag using the connector provided. Once connected you should open the leg bag tap to allow through-drainage.
- Alternatively, you may choose to remove your leg bag and connect your night bag directly to the sheath.
- Place your night bag on the night bag stand (this can be provided for you) or in a plastic bowl by the side of your bed.

Disposal of Drainage Bags

- Always empty your drainage bags before disposing of them
- Tie the used products up in a disposal bag and place in the general household rubbish

If you experience any problems with your urinary sheath system, please contact your nurse for further advice.



Your Nurse is:

Nurse Contact Number:

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Your Prescription Requirements

Manufacturer	Product	Prescription Code	Pack Size

To order further supplies on prescription please contact Manfred Sauer Care

Freephone: 0800 999 5596
info@manfredsauercare.co.uk
Monday – Friday 9am – 5pm
www.manfredsauercare.co.uk