



optimum medical  
support™



Have you visited the patient support area of our website?

It's been created to help you understand more about the procedures you experience, and the products which are used.

Visit [www.optimummedicalsupport.co.uk](http://www.optimummedicalsupport.co.uk) to find out more.



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

independence with confidence

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



Designed for supporting leg bags  
attached to indwelling catheters and sheaths

## USER GUIDE



optimummedical®



## ORDERING INFORMATION

To order the **Ugo Fix Sleeve** 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.

| OM Code | PIP Code | Colour Code | Product Description                             | Inner Box |
|---------|----------|-------------|---|-----------|
| 3005    | 394-0178 | Yellow      | <b>Ugo Fix Sleeve</b> small (24cm – 39cm)       | Box of 4  |
| 3006    | 394-0160 | Blue        | <b>Ugo Fix Sleeve</b> medium (36cm – 55cm)      | Box of 4  |
| 3007    | 394-0152 | Brown       | <b>Ugo Fix Sleeve</b> Large (40cm – 70cm)       | Box of 4  |
| 3008    | 394-0145 | Green       | <b>Ugo Fix Sleeve</b> Extra Large (65cm – 90cm) | Box of 4  |

## independence with confidence

Durable, comfortable and extra supportive. The **Ugo Fix Sleeve** provides secure and reliable leg bag fixation.

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## INTRODUCTION

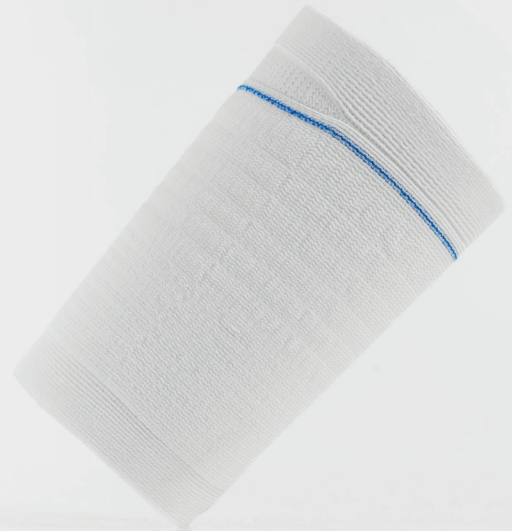
The **Ugo Fix Sleeve** has been prescribed for you by a healthcare professional following a bladder and catheter assessment. It's important that you use your sleeve as instructed by your nurse or doctor as part of your ongoing catheter management plan.

The **Ugo Fix Sleeve** is a medical device purpose designed for the effective support and fixation of urinary leg bags. The **Ugo Fix Sleeve** can be used to support leg bags attached to suprapubic catheters, urethral catheters and male urinary sheath systems.

Only use the **Ugo Fix Sleeve** 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 the **Ugo Fix Sleeve** and also includes detailed instructions as to how the sleeve can be used and cared for.

No need to disconnect leg bag  
from catheter when changing sleeve



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



## BENEFITS OF USING A UGO FIX SLEEVE

The **Ugo Fix Sleeve** is purpose designed to support the weight of your urinary leg bag allowing it to fill discreetly and comfortably. This reduces the risk of your catheter pulling which can cause discomfort at the bladder neck and within the urethra.

The **Ugo Fix Sleeve** is easy to fit and comfortable to wear. The graduated lines of concentrated elastane offer support and controlled expansion of the bag, ensuring even distribution of urine and reduced noise when filling.

The **Ugo Fix Sleeve** benefits from an external seam to protect your skin and increase comfort.

The hypoallergenic **Ugo Fix Sleeve** is reusable and washable. It's supplied in boxes of 4 to assist with your daily wash and wear cycle.

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



## SELECTING THE CORRECT SIZE OF UGO FIX SLEEVE

The **Ugo Fix Sleeve** can be worn on your thigh or calf. The position you secure your leg bag will depend on 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 thigh or calf at the position you intend to wear your **Ugo Fix Sleeve**. Select the correct size using the table below as a guide.

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# HOW TO POSITION YOUR UGO FIX SLEEVE

- 1 Pull the **Ugo Fix Sleeve** over your foot and position on your thigh or calf. Ensure the coloured strip is at the top and on the outside of the sleeve, and that the sleeve is facing forwards.
  - 2 Slide your leg bag into the front pouch through the opening at the top. Do not disconnect your leg bag from your catheter to fit your **Ugo Fix Sleeve**.
  - 3 Push the drainage tap from your leg bag through the hole at the bottom of the sleeve. Adjust your **Ugo Fix Sleeve** to ensure optimum drainage and comfort.
- You can now empty your leg bag without removing it from the **Ugo Fix Sleeve**.



# HOW TO CARE FOR YOUR UGO FIX SLEEVE

- 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 Sleeve**. 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 Sleeve** 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 sleeve regularly and your sleeve is not too tight.
- 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. Always support the weight of your catheter and/or leg bag when fitting your **Ugo Fix Sleeve**.
- The **Ugo Fix Sleeve** is not waterproof however you can still bathe and shower when wearing it. Replace the wet sleeve with a clean dry one afterwards.

- To maintain optimum performance of the **Ugo Fix Sleeve** we recommend that you wash the sleeve in the laundry bag provided or by hand.
- Replace your box of sleeves 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 Sleeve** 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 Sleeve**. For further supplies please contact your nurse or doctor. Please refer to ordering information at the front of this booklet. Alternatively you can email [ugo@optimummedical.co.uk](mailto:ugo@optimummedical.co.uk) or call **+44(0)845 643 5479** for more information about how to order.
- If you are concerned that your catheter is not draining urine or you are in discomfort then contact your nurse or doctor immediately.
- 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 Sleeve** along with the **Ugo Fix Catheter Strap**.



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.

To find out more about the **Ugo Fix Sleeve** please contact:

[ugo@optimummedical.co.uk](mailto:ugo@optimummedical.co.uk)



Or you can find out more about all of our products including the **Ugo Fix Catheter Strap** and **Ugo Fix Gentle** here:

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

INDEPENDENT  
NEUROLOGY  
WITH UGO  
CONFIDENCE  
IN OPTIMUM  
MEDICAL

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