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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.



optimummedical

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independence with confidence

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



Thoughtful range of urinary leg bags  
and 2L drainage bags

## USER GUIDE



optimummedical®

# ORDERING INFORMATION

To order the **Ugo Leg Bags** or **Ugo 2L Drainage 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	Bag Vol.	Tube Length	Tap Design	Inner Box	Outer Case
Ugo 1C	1C/500/ST/L	500ml	Short Tube	Lever Tap	Box of 10	8 Boxes of 10
Ugo 2C	2C/500/LT/L	500ml	Long Tube	Lever Tap	Box of 10	8 Boxes of 10
Ugo 3C	3C/500/ST/T	500ml	Short Tube	T tap	Box of 10	8 Boxes of 10
Ugo 4C	4C/500/LT/T	500ml	Long Tube	T tap	Box of 10	8 Boxes of 10
Ugo 5C	5C/350/DI/L	350ml	Direct Inlet	Lever Tap	Box of 10	8 Boxes of 10
Ugo 6C	6C/350/ST/L	350ml	Short Tube	Lever Tap	Box of 10	8 Boxes of 10
Ugo 7C	7C/750/ST/L	750ml	Short Tube	Lever Tap	Box of 10	8 Boxes of 10
Ugo 8C	8C/750/LT/L	750ml	Long Tube	Lever Tap	Box of 10	8 Boxes 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	Outer Case
Ugo 1H	1H/500/ST/L	500ml	Short Tube	Lever Tap	Box of 10	8 Boxes of 10
Ugo 2H	2H/500/LT/L	500ml	Long Tube	Lever Tap	Box of 10	8 Boxes of 10
Ugo 3H	3H/500/ST/T	500ml	Short Tube	T tap	Box of 10	8 Boxes of 10
Ugo 4H	4H/500/LT/T	500ml	Long Tube	T tap	Box of 10	8 Boxes of 10

## LEG BAG STRAPS

Pr. Name	Pr. Code	Description	Inner Box	Outer Case
Ugo Fix Leg Bag Straps	3011	75cm and 45cm lengths	10 pairs	20 Boxes of 10

## 2 LITRE DRAINAGE BAGS

Pr. Name	Pr. Code	Tap Design		Inner Box	Outer Case
Ugo 9	9/NS/SU/DO	Non Drainable (tear corner to drain)	Non sterile	Bag of 10	8 Bags of 10
Ugo 10	10/NS/SU/DO	Single Use T Tap (can only drain once)	Non sterile	Bag of 10	8 Bags of 10
Ugo 11	11/S/SU/DO	Single Use T Tap (can only drain once)	Sterile pouch pack	Box of 10	8 Boxes of 10
Ugo 12	12/S/D/L	Lever Tap (continuous drainage)	Sterile pouch pack	Box of 10	8 Boxes of 10
Ugo 13	13/S/D/T	T Tap (continuous drainage)	Sterile pouch pack	Box of 10	8 Boxes of 10



# independence with confidence

**Thoughtful, Comfortable and Contemporary.**

**Ugo Leg Bags** and **Ugo 2L Drainage 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.

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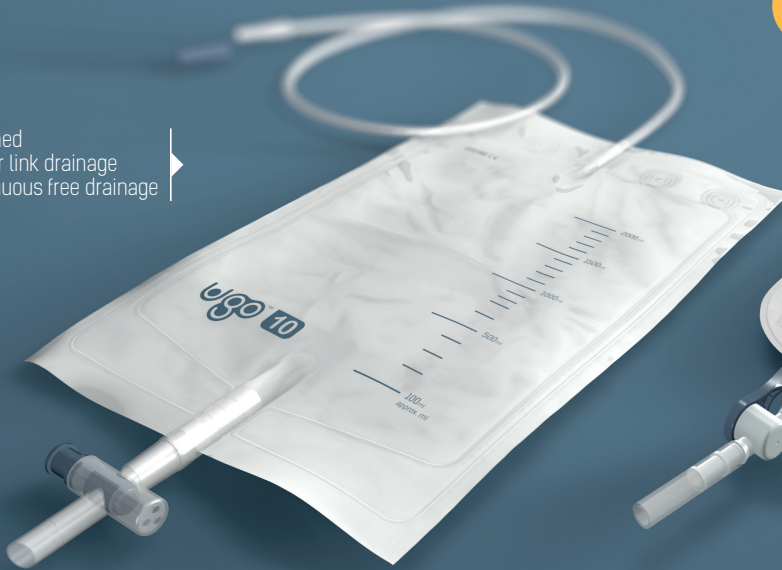
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# INTRODUCTION

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.



Range designed to be used for link drainage and/or continuous free drainage



Only use the **Ugo Leg Bag** or **Ugo 2L Drainage 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** and **Ugo 2L Drainage 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



LATEX FREE





**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

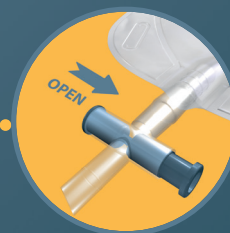
## SOME KEY PATIENT-FOCUSED BENEFITS ARE:

- 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 (see page 19 to find out more about link drainage).
- ⑧ Choice of lever tap or T tap drainage valve, both of which are secure and simple to use.

Lever tap



T tap



## 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**, or if you would prefer an alternative drainage option to the one you have been prescribed e.g.

**Ugo Catheter Valve**. You can visit [www.ugourology.co.uk](http://www.ugourology.co.uk) to find out if this is a suitable drainage option for you.



You can ask your nurse or doctor if you're suitable for the **Ugo Catheter Valve**

## 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.**

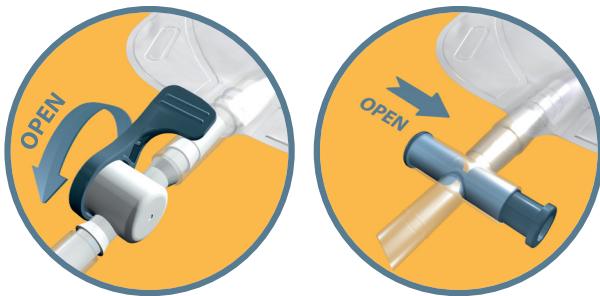
1. Wash and dry your hands (if a carer is changing the leg bag for you they must apply a clean pair of gloves after drying their hands).
2. Remove any straps or sleeve which are supporting your **Ugo Leg Bag** to your leg.
3. Open the pouch packaging for a new **Ugo Leg Bag** and remove the protective 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. Please refer to page 9 for more information.
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.



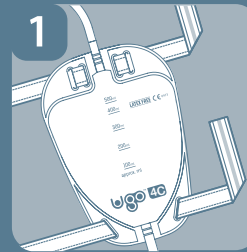
## HOW TO FIT MY UGO FIX LEG BAG STRAPS

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**.

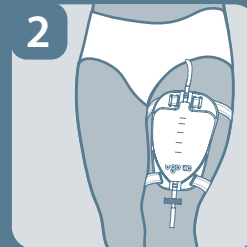
### FITTING OPTIONS:

#### METHOD A

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



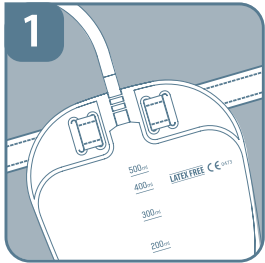
- Feed the long **Ugo Fix Leg Bag Strap** (75cm) through the 4 holes in the top of your **Ugo Leg Bag** and the short **Ugo Fix Leg Bag Strap** (45cm) through the bottom 2 holes
- Ensure the silicone line will be facing down onto your skin



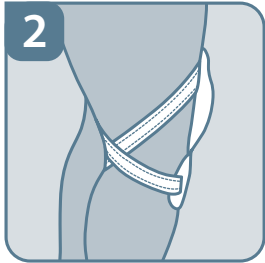
- Attach the straps around your thigh or shin in the desired position and use the Velcro tabs to secure in place (it is usually easiest to fit the top strap first)
- Ensure your **Ugo Leg Bag** is supported and that you are able to move around comfortably with it in place

## METHOD B

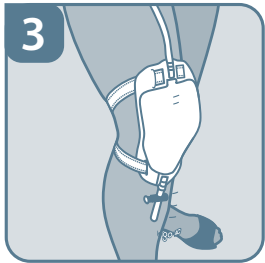
Using the long strap to attach your **Ugo Leg Bag** to your upper knee



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



- 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



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



**LATEX FREE**

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

Durable but soft medical grade plastic material for strength and reliable urine collection.



# Ugo

## 2L drainage bag

### SOME KEY PATIENT-FOCUSED BENEFITS ARE:

- 1 Connector located at the top of the drainage tube is stepped to ensure secure connection to all indwelling catheters or leg bags.
- 2 Special sample port for collection of urine samples by your nurse or doctor if required (**Ugo 12** and **Ugo 13**).
- 3 Non return valve at the top of the **Ugo 2L Drainage Bag** to prevent urine returning up the tubing.
- 4 Four eyelets across top to ensure level hanging on bag stand.
- 5 Unique naming and numbering system for easy re-ordering.



**Ugo 9** and **Ugo 10** are provided in unique, tamper proof, resealable bags. Suitable for storage in bedroom or bathroom.



## WHICH UGO 2L DRAINAGE BAG IS RIGHT FOR ME?

**Ugo 2L Drainage Bags** are a purpose designed range of urine bags, each with different benefits to suit a range of clinical environments and patient needs.

If you have a leg bag it's usually recommended that an additional 2L drainage bag is used overnight to accommodate a larger volume of urine. This additional drainage does not replace your leg bag or catheter valve, but works in connection with it (this is called link drainage).

All the **Ugo 2L Drainage Bags** are suitable for link drainage however **Ugo 9**, **Ugo 10** and **Ugo 11** are designed for link drainage as they are single use and can only be emptied once.

**Ugo 12** and **Ugo 13** are suitable for attaching directly to a catheter for up to 7 days and are ideally suited for patients being cared for under bed rest, without requirement for a **Ugo Leg Bag**. Please refer to table at the beginning of this booklet to understand what drainage options are available.

You may choose not to use a **Ugo 2L Drainage Bag** overnight for a variety of reasons. If you're unsure then speak to your nurse or doctor for further advice.

### KEY TIP FOR CARERS

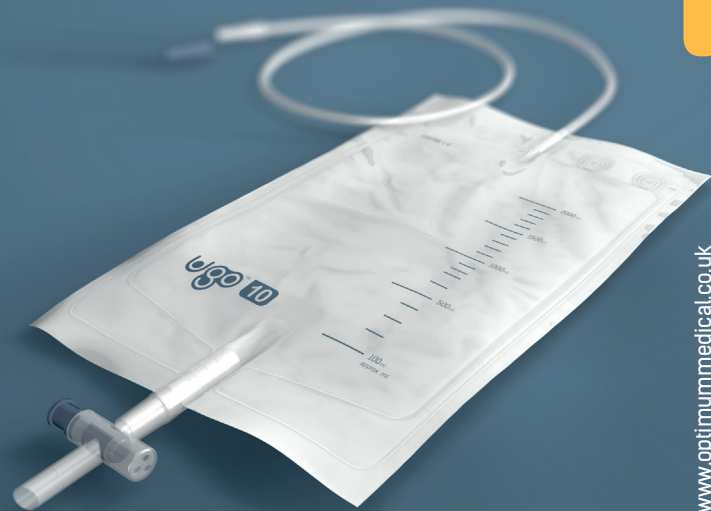
If the **Ugo 2L Drainage Bag** is sterile then it can be attached either directly to your catheter or to your **Ugo Leg Bag** for link drainage. If the **Ugo 2L Drainage Bag** is non sterile it is only suitable for attaching to your **Ugo Leg Bag** for link drainage. Please refer to table at the beginning of this booklet for sterility information.

## HOW TO ATTACH AND REMOVE YOUR UGO 2L DRAINAGE BAG AS PART OF A LINK DRAINAGE SYSTEM

If you need additional drainage overnight then the **Ugo 2L Drainage Bag** can be connected to the soft silicone outlet tube on the end of your **Ugo Leg Bag**.

Your nurse will advise which is the best **Ugo 2L Drainage Bag** for you based on your personal circumstances.

Always use a new **Ugo 2L Drainage Bag** each night. Never washout and reconnect a used urine bag under any circumstances.





## BEDTIME ATTACHING YOUR UGO 2L DRAINAGE BAG

1. Wash and dry your hands (if a carer is doing this 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 (if you are using the **Ugo Fix Gentle** catheter clip this can remain in place overnight as it will prevent your catheter pulling yet allow free drainage through the link drainage system).
3. Remove the protective cap from the **Ugo 2L Drainage Bag** stepped connector.
4. Insert the stepped connector from the **Ugo 2L Drainage Bag** into the soft silicone tubing on the **Ugo Leg Bag** (ensure an adequate seal).
5. Attach the **Ugo 2L Drainage Bag** to a stand.
6. Open the lever tap or T tap valve on your **Ugo Leg Bag** to allow immediate and continuous drainage.
7. Wash and dry your hands.



## MORNING REMOVING YOUR UGO 2L DRAINAGE BAG

1. Wash and dry your hands (if a carer is doing this for you they must apply a clean pair of gloves after drying their hands).
2. Close the lever tap or T tap on your **Ugo Leg Bag**.
3. Disconnect the **Ugo 2L Drainage Bag** from the soft silicone tubing on your **Ugo Leg Bag**.
4. Apply your leg bag fixation and support devices and adjust to ensure optimum drainage and comfort.
5. Empty the urine from the **Ugo 2L Drainage Bag** into the toilet and dispose the bag as recommended by your nurse.
6. Wash and dry your hands.

## 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** or **Ugo Fix Gentle**.

Find out more about the **Ugo Fix Gentle**:  
[www.ugofixgentle.co.uk](http://www.ugofixgentle.co.uk)



## KEY TIPS ON HOW TO MAINTAIN A CLOSED LINK DRAINAGE SYSTEM

A closed drainage system is achieved when your **Ugo Leg Bag** is not disconnected from your catheter, other than to change it. Your **Ugo 2L Drainage Bag** can be connected directly to your **Ugo Leg Bag** for additional drainage overnight. This is known as closed link drainage. By using a closed link drainage system, you will minimise the risk of acquiring a catheter associated urinary tract infection.

- Only disconnect your **Ugo Leg Bag** from your catheter to change it every 7 days
- If you do disconnect your **Ugo Leg Bag** never re-attach it - always use a new sterile bag
- Empty your **Ugo Leg Bag** when it's 2/3 full and do not allow it to overfill
- Do not disconnect your **Ugo Leg Bag** in order to attach your **Ugo 2L Drainage Bag** directly to your catheter. Always link the **Ugo 2L Drainage Bag** to the end of your **Ugo Leg Bag**
- Choose the correct volume **Ugo Leg Bag** to accommodate your urine production
- Under no circumstances should any urine bag be rinsed through and reused



To find out more about about the **Ugo Leg Bags**, **Ugo 2L Drainage Bags** or any other **Ugo Urology** product please contact: [ugo@optimummedical.co.uk](mailto:ugo@optimummedical.co.uk)

# YOUR CALENDAR

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

Use the calendar to keep track of when  
you need to change your leg bag.

January						
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
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29	30	31				

February						
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29						

March						
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April						
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29	30					

May						
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June						
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29	30					

July						
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29	30	31				

August						
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29	30	31				

September						
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29	30					

October						
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29	30	31				

November						
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December						
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