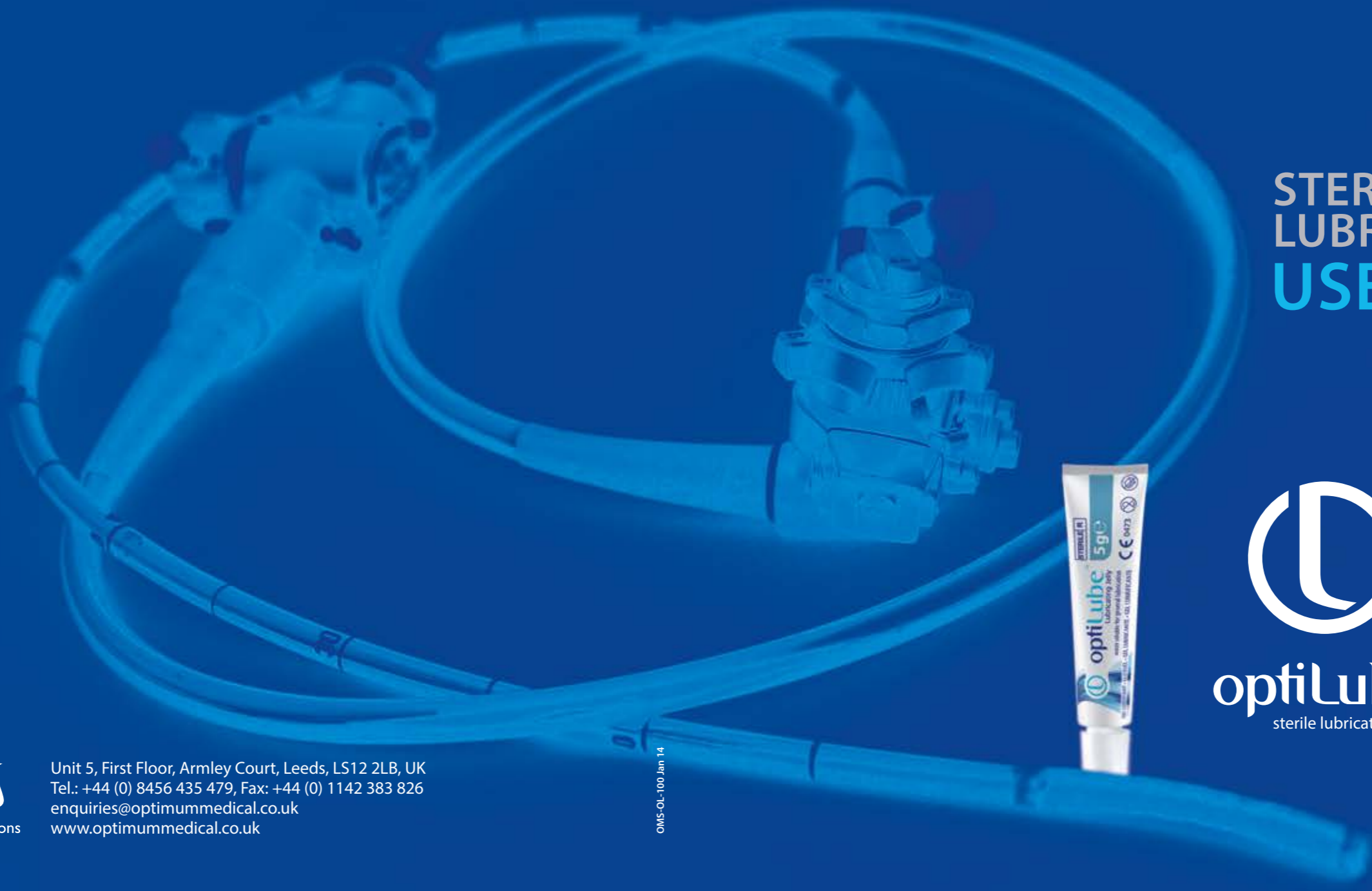


Company Registration No: 6779883



STERILE LUBRICATING JELLY USER'S GUIDE



optiLubeTM
sterile lubricating jelly



UK's
Number
ONE

Healthcare Lubricating Jelly



optimum medical solutions



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About OMS

Optimum Medical Solutions (OMS) are a UK based manufacturer of high-quality everyday healthcare products which put patients and the users experience at the forefront.

- We sell into **every single** UK Government Hospital
- Our products are exported to **over 55 countries around the world**
- Flagship OptiLube has **over 90% market share** in the UK
- Fully **CE certified** and hold **ISO 9001** and **ISO 13485**

We are dedicated to driving forward healthcare innovation by **listening to our customers and responding to market needs.**

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optiLube

Sterile Lubricating Jelly
water soluble for general lubrication

OptiLube Sterile Lubricating Jelly is a Class IIa Medical Device, sterile and available in a comprehensive range of formats; sachets, syringes and tubes, to suit clinician preference and procedure requirements.

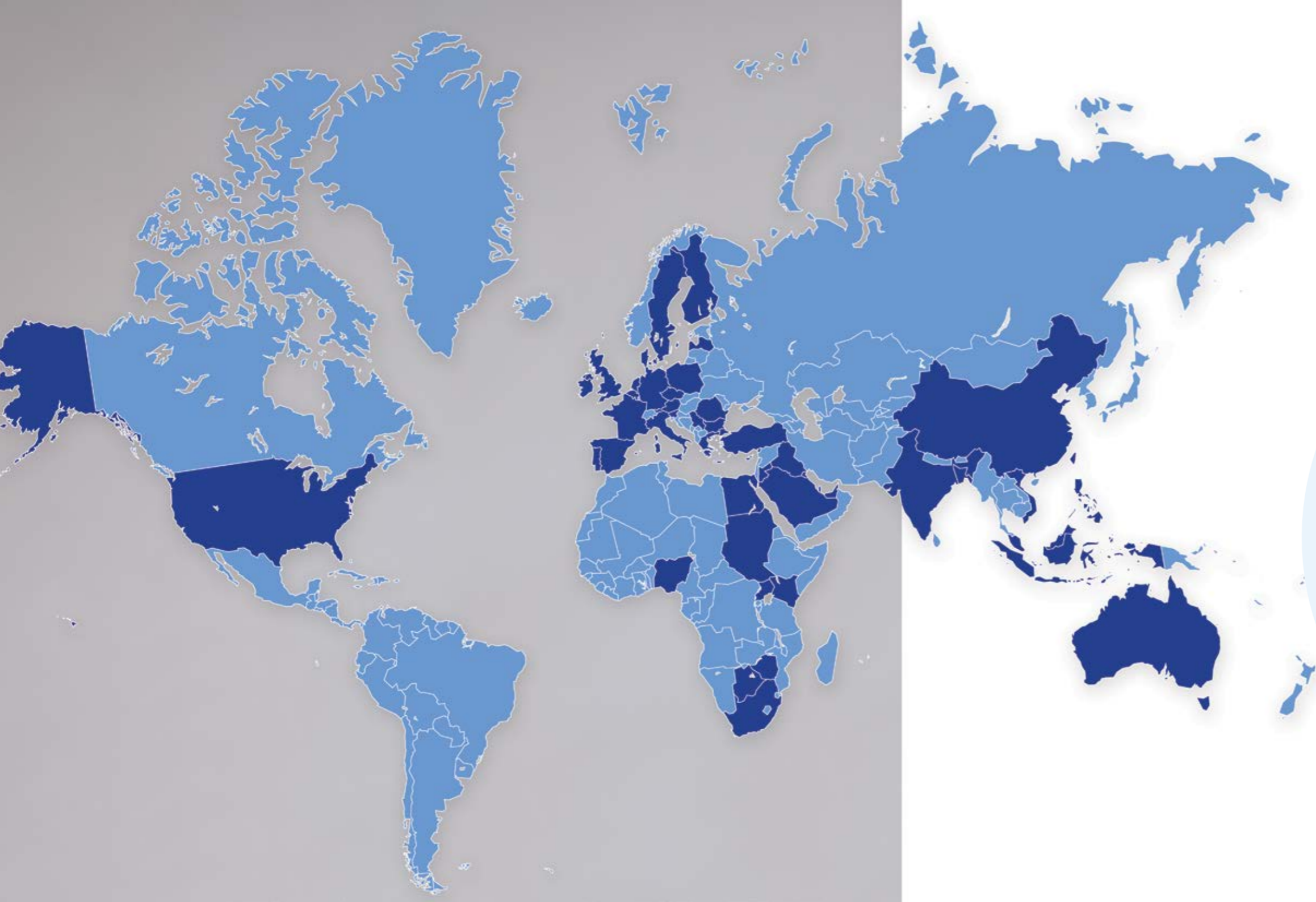
Features and benefits:

- Most extensive healthcare lubricating jelly on the market
- Sterile and single use to reduce the risk of infection
- Water soluble, PH balanced and will not damage rubber or metal equipment
- Non-sticky, non-greasy, transparent and petroleum free
- Adheres well to gloves/instruments
- Flexible plastic tubes and easy to tear sachets ensure simple, easy user handling
- Specifically designed formulation by UK specialists to ensure right viscosity and consistency

OptiLube is designed to make procedures easier for the clinician, for the benefit of patients. Here are just some of the ways in which OptiLube can be used:

Procedure	Insertion/use of	Hospital Department
PAP tests	Speculums	Gynaecology
Surgical procedures	Laryngeal Mask Airways	Operating theatre
Catherisation	Catheters	Urology
Endoscopy	Endoscopes	Endoscopy
Sigmoidoscopy	Sigmoidoscopes	Endoscopy
Cystoscopy	Cystoscopes	Urology
Enemas/douches	Enemas/douches	Proctology
Diagnostic medical sonography (DMS) (pregnancy, breast imaging etc)	Sonographic Machines	Obstetrics
X-rays (Proctograms)	Photoelectron Spectroscopy	Radiology

OptiLube around the world



- Australia
- Austria
- Bahrain
- Bangladesh
- Belgium
- Botswana
- Bulgaria
- China
- Cyprus
- Czech Republic
- Denmark
- Egypt
- Finland
- France
- Germany
- Gibraltar
- Greece
- Indonesia
- Iraq
- Ireland
- Italy
- Jordan
- Kenya
- Kuwait
- Latvia
- Lebanon
- Libya
- Lithuania
- Malaysia
- Malta
- Netherlands
- Nigeria
- Philippines
- Poland
- Portugal
- Qatar
- Romania
- Saudi Arabia
- Serbia and Montenegro
- Slovenia
- South Africa
- Spain
- Sudan Republic
- Sweden
- Taiwan,
- Turkey
- Uganda
- United Arab Emirates
- United States
- Vietnam
- Zimbabwe



Product image is only for illustration. Range of formats available depending on clinician preference and procedure requirements.

Urethral Catheterisation

Urology
Any wards
Operating theatres
Intensive care
Accident and emergency
Paediatrics
Community and primary care

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 With your sterile gloves hold onto the plastic packaged part of the catheter in centre of the catheter and open the distal end of the catheter packaging to expose the catheter tip to be inserted
- 6 Holding onto the catheter at the same place, gently run the tip of the catheter and the distal end of the catheter through the OptiLube three times, ensuring that the distal third of the catheter is coated with OptiLube.
- 7 Insert catheter as per local policy



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Endotracheal Tube Insertion

Operating Theatre
Intensive Care Unit
Accident and Emergency
General Wards for Emergency / Resuscitation
Paediatrics

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 With your sterile gloves hold onto the central to distal end of the Endotracheal tube and gently move the end of the tube to be inserted, within the OptiLube to ensure lubricant has evenly coated the circumference of the Endotracheal tube
- 6 Insert Endotracheal Tube and confirm correct position as per local policy

Non-sterile procedure

- 1 Wash hands thoroughly and put gloves on
- 2 Open out the Endotracheal tube packaging and lay it on a flat surface. This will expose the Endotracheal tube and allow for a clean surface for the OptiLube to be emptied onto
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty the OptiLube onto the exposed inside packaging of the Endotracheal tube
- 5 Hold onto the central to distal end of the Endotracheal tube and gently move the end of the tube to be inserted within the OptiLube to ensure lubricant has evenly coated the circumference of the Endotracheal tube
- 6 Insert Endotracheal tube and confirm correct position as per local policy



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Tracheostomy Insertion

Operating Theatres
Ear Nose and Throat Wards and Clinics
Intensive Care Unit
Paediatrics

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the central Tracheal tube and gently move the insertion end of the Tracheal tube within the OptiLube to ensure lubricant has evenly coated the circumference of the Tracheal tube to be inserted
- 6 Insert Tracheal Tube and confirm correct position as per local policy



NASOGASTRIC
TUBE

Product image is only for illustration. Range of formats available depending on clinician preference and procedure requirements.

Nasogastric Tube Insertion

Gastroenterology
General wards
Particularly stroke wards
Paediatrics
Intensive Care unit
Operating theatres

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the main body of the Nasogastric tube and gently run the tip of the Nasogastric tube through the OptiLube a number of times, ensuring that the insertion end of the Nasogastric tube is coated with OptiLube
- 6 Insert Nasogastric tube and confirm correct position as per local policy

Non-sterile procedure

- 1 Wash hands thoroughly and put gloves on
- 2 Open out the Nasogastric tube packaging and lay it on a flat surface. This will expose the Nasogastric tube and allow for a clean surface for the OptiLube to be emptied onto
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube onto the exposed inside packaging of the Nasogastric tube
- 5 Hold onto the Nasogastric tube and gently run the tip of the Nasogastric tube through the OptiLube, ensuring the insertion end of the Nasogastric tube is coated with OptiLube
- 6 Insert Nasogastric Tube and confirm correct position as per local policy

Bronchoscopy

Respiratory
Intensive care
Operating theatres

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the plastic packaged part of the Bronchoscope and open the insertion end of the Bronchoscope packaging to expose the Bronchoscope camera tip
- 6 Holding onto the main body of the Bronchoscope through the packaging, gently run the insertion end of the Bronchoscope through the OptiLube a number of times, ensuring the Bronchoscope circumference is well coated
- 7 Insert Bronchoscope as per local policy

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Hysteroscopy

Gynaecology
Clinic or operating theatres

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the plastic packaged part of the Hysteroscope and open the insertion end of the Hysteroscope packaging to expose the Hysteroscope camera tip
- 6 Holding onto the main body of the Hysteroscope through the packaging, gently run the insertion end of the Hysteroscope through the OptiLube a number of times, ensuring the Hysteroscope circumference is well coated
- 7 Insert Hysteroscope as per local policy



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Nasopharyngoscopy

Ear nose and throat
Paediatrics

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the plastic packaged part of the Nasopharyngoscope and open the insertion end of the Nasopharyngoscope packaging to expose the Nasopharyngoscope camera tip
- 6 Holding onto the main body of the Nasopharyngoscope through the packaging, gently run the insertion end of the Nasopharyngoscope through the OptiLube a number of times, ensuring the Nasopharyngoscope circumference is well coated
- 7 Insert Nasopharyngoscope as per local policy

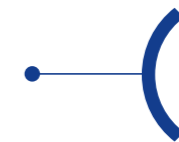
Non-sterile procedure

- 1 Make sure you have a vestibule ready where the OptiLube can be emptied into
- 2 Wash hands thoroughly and put gloves on
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube into the vestibule
- 5 Holding the Nasopharyngoscopy move the tip of the endoscope in the OptiLube three times ensuring the insertion end of the Nasopharyngoscope is thoroughly and evenly covered with lubricant
- 6 Insert Nasopharyngoscope as per local policy



Product image is only for illustration. Range of formats available depending on clinician preference and procedure requirements.

Oesophago- gastroduodenoscopy



Gastroenterology
Intensive care
Operating theatres
Paediatrics
Primary care

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the plastic packaged part of the Oesophagogastroduodenoscope and open the insertion end of the Oesophagogastroduodenoscope packaging to expose the Oesophagogastroduodenoscope camera tip
- 6 Holding onto the main body of the Oesophagogastroduodenoscope through the packaging, gently run the insertion end of Oesophagogastroduodenoscope through the OptiLube a number of times, ensuring the Oesophagogastroduodenoscope circumference is well coated
- 7 Insert Oesophagogastroduodenoscope as per local policy

Non-sterile procedure

- 1 Make sure you have a vestibule ready where the OptiLube can be emptied into
- 2 Wash hands thoroughly and put gloves on
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube into the vestibule
- 5 Holding the endoscope move the tip of the endoscope in the OptiLube three times ensuring the insertion end of the endoscope is thoroughly and evenly covered with lubricant
- 6 Insert endoscope as per local policy



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Colonoscopy

Gastroenterology
Operating theatres
Intensive care unit
Paediatrics

Non-sterile procedure

- 1 Make sure you have a vestibule ready where the OptiLube can be emptied into
- 2 Wash hands thoroughly and put gloves on
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube into the vestibule
- 5 Holding the endoscope move the tip of the endoscope in the OptiLube three times ensuring the insertion end of the endoscope is thoroughly and evenly covered with lubricant
- 6 Insert endoscope as per local policy



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Temperature Probe Insertion

operating theatres
intensive care unit
paediatrics

Aseptic technique

(e.g. when inserted in nose)

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 With your sterile gloves hold onto the plastic packaged part of the Temperature probe and open the distal end of the endoscope packaging to expose the Temperature probe tip to be inserted
- 6 Holding Temperature Probe through the packaging, gently run the tip of the Temperature probe through the OptiLube ensuring all areas are coated in lubricant
- 7 Insert Temperature probe as per local policy

Non-sterile procedure

(e.g. when inserted in anus)

- 1 Make sure you have a vestibule ready where the OptiLube can be emptied into
- 2 Wash hands thoroughly and put gloves on
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube into the vestibule
- 5 Holding the Temperature probe move the tip within the OptiLube ensuring the insertion end of the Temperature Probe is thoroughly and evenly covered with lubricant
- 6 Insert Temperature probe as per local policy



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Nasopharyngeal Airway Insertion

Operating theatres
Emergency trolley on wards
Paediatrics

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 With your sterile gloves hold onto the central of the Nasopharyngeal Airway and gently move the end of the Nasopharyngeal Airway to be inserted, within the OptiLube to ensure lubricant has evenly coated the circumference of the Nasopharyngeal Airway to be inserted
- 6 Insert Nasopharyngeal Airway and confirm correct position as per local policy

Non-sterile procedure

- 1 Wash hands thoroughly and put gloves on
- 2 Open out the Nasopharyngeal airway packaging and lay it on a flat surface. This will expose the Nasopharyngeal airway and allow for a surface for the OptiLube to be emptied onto
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube onto the exposed inside packaging of the Nasopharyngeal airway
- 5 Hold onto the centre of the Nasopharyngeal airway and gently move the end to be inserted within the OptiLube, ensuring lubricant has evenly coated the circumference of airway at the insertion end
- 6 Insert Nasopharyngeal airway and confirm correct position as per local policy



SPECULUM

Product image is only for illustration. Range of formats available depending on clinician preference and procedure requirements.

Vaginal Speculum Examination

Gynaecology
Operating theatres
Accident and emergency
Genitourinary medicine
Primary care

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the speculum at the exterior end and dip the insertion end of the Speculum into the OptiLube and move the insertion end within the Optilube until the circumference of the insertion end of the Speculum is coated with lubricant.
- 6 If the lubricant is not evenly applied to the insertion third of the speculum, use a sterile gloved finger or a piece of sterile gauze to apply further lubricant to the Speculum or to ensure the even and thorough application
- 7 Insert Speculum as per local policy

Non-sterile procedure

- 1 Wash hands thoroughly and put gloves on
- 2 Open out the Speculum packaging and lay it on a flat surface. This will expose the Speculum and allow for a surface for the OptiLube to be emptied onto
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube onto the inside exposed Speculum packaging
- 5 Hold onto the speculum at the exterior end and dip the insertion end of the Speculum into the OptiLube and move the insertion end within the Optilube until the circumference of the insertion end of the Speculum is coated with lubricant.
- 6 If the lubricant is not evenly applied to the insertion third of the speculum, use a sterile gloved finger or a piece of sterile gauze to apply further lubricant to the Speculum or to ensure the even and thorough application
- 7 Insert Speculum as per local policy

STERILE GLOVES



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Pelvic Examination

Gynaecology
Operating theatres
Accident and emergency
Genitourinary medicine
Primary care

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Wash hands thoroughly and put sterile gloves on
- 5 Dip your index and middle finger of your examination hand into the OptiLube ensuring application of lubricant on the distal half of these fingers
- 6 A piece of sterile gauze can be used if wish to even application and ensure the circumference of the examination fingers are thoroughly coated
- 7 Perform Vaginal Examination as per local policy

Non-sterile procedure

- 1 Ensure a vestibule is ready where the OptiLube sachet can be emptied into
- 2 Wash hands thoroughly and put gloves on
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube onto the vestibule
- 5 Dip your index and middle finger of your examination hand into the OptiLube ensuring application of lubricant on the distal half of these finger
- 6 A piece of sterile gauze can be used if wish to even application and ensure the circumference of the examination fingers are thoroughly coated
- 7 Perform Vaginal Examination as per local policy

STERILE GLOVES



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Rectal Examination

Gastroenterology
Operating theatres
Accident and emergency
Urology
Primary care

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Wash hands thoroughly and put sterile gloves on
- 5 Dip your index finger of your examination hand into the OptiLube ensuring application of lubricant on the distal half of this finger
- 6 A piece of sterile gauze can be used if wish to even application and ensure the circumference of the examination finger is thoroughly coated
- 7 Perform Rectal Examination as per local policy

Non-sterile procedure

- 1 Ensure a vestibule is ready where the OptiLube sachet can be emptied into
- 2 Wash hands thoroughly and put gloves on
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube onto the vestibule
- 5 Dip your index finger of your examination hand into the OptiLube ensuring application of lubricant on the distal half of this finger
- 6 A piece of sterile gauze can be used if wish to even application and ensure the circumference of the examination finger is thoroughly coated
- 7 Perform Rectal Examination as per local policy

Proctoscopy Examination

Gastroenterology
Genitourinary medicine
Primary care

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the Proctoscope at the exterior end and dip the insertion end of the Proctoscope into the OptiLube and move the insertion end within the OptiLube until the circumference of the insertion end of the Proctoscope is coated with lubricant.
- 6 If the lubricant is not evenly applied to the insertion third of the Proctoscope, use a sterile gloved finger or a piece of sterile gauze to apply further lubricant to the Proctoscope or to ensure an even and thorough application
- 7 Insert Proctoscope as per local policy

Non-sterile procedure

- 1 Wash hands thoroughly and put gloves on
- 2 Open out the Proctoscope packaging and lay it on a flat surface. This will expose the Proctoscope and allow for a surface for the OptiLube to be emptied onto
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube onto the inside exposed Proctoscope packaging
- 5 Hold onto the Proctoscope at the exterior end and dip the insertion end of the Proctoscope into the OptiLube and move the insertion end within the OptiLube until the circumference of the insertion end of the Proctoscope is coated with lubricant.
- 6 If the lubricant is not evenly applied to the insertion third of the Proctoscope, use a gloved finger or a piece of gauze to apply further lubricant to the Proctoscope or to ensure an even and thorough application
- 7 Perform Proctoscopy as per local policy

PROCTOSCOPE

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Product image is only for illustration. Range of formats available depending on clinician preference and procedure requirements.

Laryngeal Mask Airway Insertion

Operating theatres
Intensive care
Paediatrics
Emergency on wards- resuscitation

Aseptic technique

- 1 Prepare your sterile field to ensure there is an appropriate place for OptiLube to be opened onto
- 2 Ensure OptiLube packaging is not damaged and check expiry date
- 3 Empty contents of OptiLube onto the sterile field directly or an appropriate vestibule within the sterile field
- 4 Once all necessary equipment is on sterile field wash hands thoroughly and put sterile gloves on
- 5 Hold onto the central of the Laryngeal Mask Airway and gently move the end of the airway to be inserted, within the OptiLube to ensure lubricant has evenly coated the Laryngeal Mask Airway insertion end
- 6 Insert Laryngeal Mask Airway and confirm correct position as per local policy

Non-sterile procedure

- 1 Wash hands thoroughly and put gloves on
- 2 Open out the Laryngeal Mask Airway packaging and lay it on a flat surface. This will expose the Laryngeal Mask Airway and allow for a surface for the OptiLube to be emptied onto
- 3 Ensure OptiLube packaging is not damaged and check expiry date
- 4 Empty contents of OptiLube onto the exposed inside packaging of the Laryngeal Mask Airway
- 5 Hold onto the centre of the Laryngeal Mask Airway and gently move the end to be inserted within the OptiLube, ensuring lubricant has evenly the Laryngeal Mask insertion end
- 6 Insert Laryngeal Mask Airway and confirm correct position as per local policy