

Ordering Information

Standard

| PR Name | Standard 25mm | Standard 28mm | Standard 30mm | Standard 32mm | Standard 36mm | Standard 40mm |
|--------------|---------------|---------------|---------------|---------------|---------------|---------------|
| Product code | 3100 | 3101 | 3102 | 3103 | 3104 | 3105 |
| PIP Code | 413-4110 | 413-4102 | 413-4128 | 413-4136 | 413-4144 | 413-4151 |
| Diameter | 25mm | 28mm | 30mm | 32mm | 36mm | 40mm |
| Inner Pack | Box of 7 |
| Outer case | 4 boxes of 7 |

Pop-on

| PR Name | Pop-on 25mm | Pop-on 28mm | Pop-on 30mm | Pop-on 32mm | Pop-on 36mm | Pop-on 40mm |
|--------------|--------------|--------------|--------------|--------------|--------------|--------------|
| Product code | 3106 | 3107 | 3108 | 3109 | 3110 | 3111 |
| PIP Code | 413-4169 | 413-4177 | 413-4185 | 413-4193 | 413-4201 | 413-4219 |
| Diameter | 25mm | 28mm | 30mm | 32mm | 36mm | 40mm |
| Inner Pack | Box of 7 |
| Outer case | 4 boxes of 7 |

An informative patient and carer user guide is available. Please contact **Optimum Medical - ugo@optimummedical.co.uk** to find out more, or download for free at www.optimummedical.co.uk.

References:

- Barrie, M. (2015). Identifying urinary incontinence in community patients. *Journal of Community Nursing*, 29, 45-52. Retrieved from https://www.researchgate.net/publication/290319588_Identifying_urinary_incontinence_in_community_patients/citation/download
- Chartier-Kastler, E., Ballanger, P., Petit, J. et al. (2011). Randomized, crossover study evaluating patient preference and the impact on quality of life of urisheaths vs absorbent products in incontinent men. *BJU International*, 108, 241-247. Retrieved from 10.1111/j.1464-410X.2010.09736.x
- Holroyd, S. (2015). Incontinence-associated dermatitis: identification, prevention and care. *British Journal of Nursing*, 24. Retrieved from <https://doi.org/10.12968/bjon.2015.24.Sup9.S37>
- Kyle, G. (2011). The use of urinary sheaths in male incontinence. *British Journal of Nursing*, 20, 338-346. Retrieved from 10.12968/bjon.2011.20.6.338
- Nazarko, L. (2018). Male urinary incontinence management: penile sheaths. *British Journal of Nursing*, 23, 110-106. Retrieved from <https://doi.org/10.12968/bjon.2018.23.3.110>
- Woodward, S. (2015). Selecting and fitting a penile sheath. *British Journal of Nursing*, 24, 290-292. Retrieved from <https://doi.org/10.12968/bjon.2015.24.5.290>



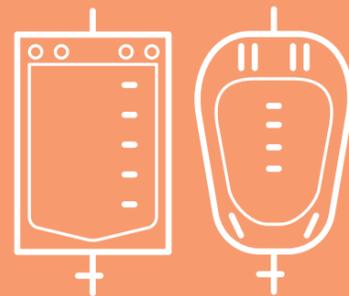
Optimum Medical Solutions Ltd
Tennant Hall, Blenheim Grove,
Leeds, LS2 9ET, United Kingdom
T: +44(0) 845 643 5479
enquiries@optimummedical.co.uk
www.optimummedical.co.uk



MT Promedt Consulting GmbH
Altenhofstrasse 80
66386 St. Ingbert Germany



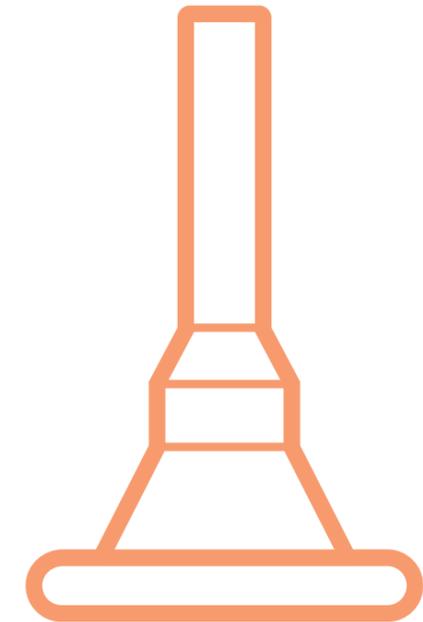
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We're specialists in urinary drainage products.

Find out more about our Ugo Drainage Bag range by visiting www.optimummedical.co.uk.

UgoTM
sheath

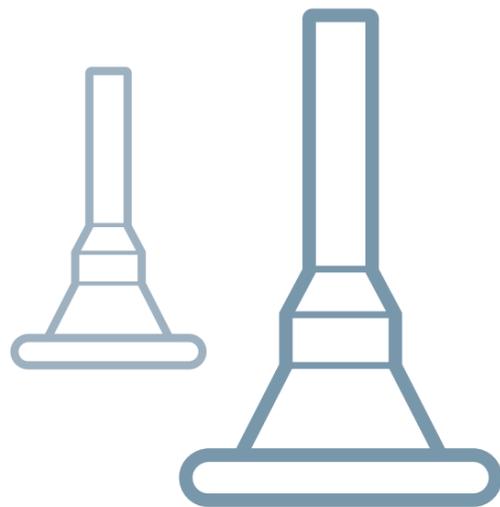


optimummedical®



At Optimum Medical, we understand the importance of **independence**.

The Ugo Sheath is specifically designed to ensure patient comfort, confidence and ease of use.



KEY STRENGTHS:

- Made of **100% silicone**.
- **Latex-free**.
- **Self-adhesive** 1-piece sheath.
- Available in a **range of sizes** – Ugo Sheath ranges from 25mm-40mm in both Standard and Pop-on (shorter) length.
- **Discreetly packaged** as 4 boxes of 7, inside a box of 28. Easy to re-order every 4 weeks and reduces stock piling.
- All packaging is **100% recyclable**.
- Comes with a measuring guide, pubic hair protectors and a re-usable travel pouch.

Urinary incontinence is a hidden problem that affects 14 million adults in the UK.

(Nazarko, 2018)

Incontinence affects around 30% of men aged 65 and over and can have a huge effect on quality of life. (Nazarko, 2018).

Many men who are offered a choice of incontinence pads and sheaths find sheaths a superior option that improves their quality of life. (Chartier-Kastler et al, 2011).

In addition, Barrie (2015) states that pads are not a first-line treatment choice and should only be offered once other treatments have failed.

IMPORTANT

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.

Select the preferred sheath length and then use the Ugo Sheath measuring guide to measure the penis where its diameter is largest and select the correct size diameter.*

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

WHAT ARE THE ADVANTAGES OF USING THE UGO SHEATH AS AN ALTERNATIVE TO PADS?

- A discreet and comfortable alternative. (Nazarko, 2018; Kyle, 2011)
- Can be worn for up to 24 hours. (Kyle, 2011)
- Easy to store.
- Low risk of odour.
- Prevents moisture-associated skin damage and incontinence associated dermatitis (IAD). (Holroyd, 2015)



1 Select the correct Ugo Sheath using our measuring tool.*



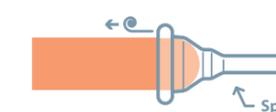
2 Ensure the penis is clean and dry and inspect the skin to check that it is intact before fitting the sheath.



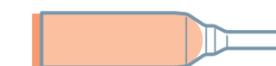
3 Wash and dry your hands, then apply a clean pair of gloves.



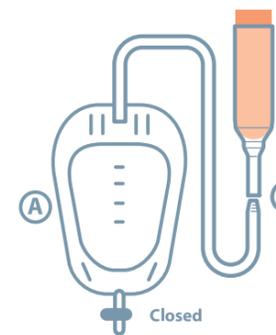
4 Trim any hair that may get trapped in the sheath and if necessary, use the pubic hair protector provided.



5 Position the Ugo Sheath over the end of the patient's penis, leaving 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. Hold the sheath in place to ensure the adhesive has bonded.



7 Secure a urine drainage bag to the patient's leg using appropriate fixation devices. Fit the urine drainage bag to the sheath spout ensuring it is not pushed too far in. Make sure that the tubing is not twisted or the sheath spout has not kinked. Be sure to check that the tap on the bag is in the closed position.

HOW TO FIT THE UGO SHEATH

HOW TO REMOVE THE UGO SHEATH



Each Ugo Sheath should be changed every 24 hours. If they are left on longer the security of the sheath may become compromised. The simplest way of removing a sheath is by bathing it in warm soapy water. The sheath and adhesive should be gently rolled off the penis and disposed of according to local clinical waste guidelines.

Ensure the genital area is thoroughly dry before applying a new sheath.

Creams and powders should be avoided as they affect the adhesion of the sheath. (Kyle, 2011)