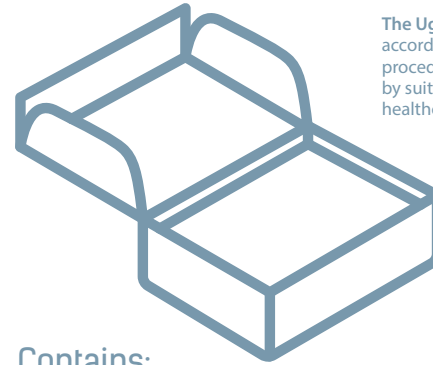


THE **ugobox**.™



a fully equipped catheterisation kit
supplied in one box



The **Ugo Box** must be used in accordance with local policies and procedures and best practice guidance by suitably qualified and competent healthcare practitioners.

EC REP

MT Promedt Consulting GmbH
Altenhofstrasse 80
66386 St. Ingbert Germany

WARNINGS:

Keep out of reach of children!

This box contains both sterile and non-sterile components.

Non-sterile components (**Ugo Fix Gentle** and **Ugo Fix Leg Bag Straps**) must not be placed on the aseptic field.



optimummedical®

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Contains:

1X Ugo Pro

(catheterisation procedure pack with 20ml saline and 10ml empty syringe)

1X Ugo Foley Catheter

(all silicone) – size 12, 14 or 16FR

1X OptiPure

(10ml sterile water syringe)

1X 11ml OptiLube catheterisation jelly syringe OR

11ml **OptiLube Active CHG Free** catheterisation jelly syringe

1X Ugo Leg Bag

(1C – short tube, 500ml, lever tap or 2C – long tube, 500ml, lever tap)

1X Ugo Fix Gentle (catheter clip)

1X pair of Ugo Fix Leg Bag Straps

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INTRODUCTION

The **Ugo Box** is a fully equipped catheterisation kit for the insertion and removal of urethral catheters. There are 12 variations of the **Ugo Box**, with choice of **Ugo Foley catheter** size, **Ugo Leg Bag** type and **OptiLube** catheterisation jelly syringe. Please see table below:

PR Code	Ugo Foley Catheter Ch size	Ugo Foley Catheter Balloon Size	Ugo Leg Bag	11ml Catheterisation Jelly Syringe
3450	12FR	10ml	Ugo 1C	OLA CHG Free*
3451	14FR	10ml	Ugo 1C	OLA CHG Free
3452	16FR	10ml	Ugo 1C	OLA CHG Free
3453	12FR	10ml	Ugo 1C	OptiLube
3454	14FR	10ml	Ugo 1C	OptiLube
3455	16FR	10ml	Ugo 1C	OptiLube
3456	12FR	10ml	Ugo 2C	OLA CHG Free
3457	14FR	10ml	Ugo 2C	OLA CHG Free
3458	16FR	10ml	Ugo 2C	OLA CHG Free
3459	12FR	10ml	Ugo 2C	OptiLube
3460	14FR	10ml	Ugo 2C	OptiLube
3461	16FR	10ml	Ugo 2C	OptiLube

*OptiLube Active CHG Free

All the products within the **Ugo Box** can be prescribed as individual items if necessary.

For ordering information, please visit

www.optimummedical.co.uk

HOW TO USE THE UGO BOX – STEP BY STEP

Before using **the Ugo Box**, it is important to follow the steps below and read the instructions for use for every product within this kit.

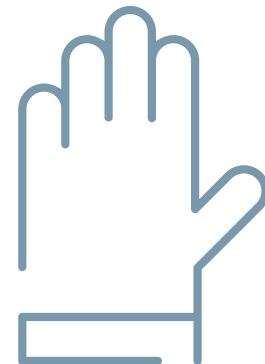
The contents of **the Ugo Box** must be used in accordance with local policies and procedures and best practice guidance by suitably qualified and competent healthcare practitioners.

The contents of **the Ugo Box** are compiled to be used together as a kit, not as individual items.

Patients requiring long-term catheters should be continuously assessed and have them removed when not required.

1. Open the **Ugo Pro** catheterisation procedure pack pouch packaging and place pack on a clean flat work surface.
2. Open the **Ugo Pro** pack outer wrapping touching only the outside corners and spread out to form an aseptic field. Arrange the contents of the **Ugo Pro** on to the aseptic field.
3. Add the remaining sterile products in **the Ugo Box** to the aseptic field (using an aseptic technique to open and remove):
 - a. 1X **Ugo Foley Catheter**.
 - b. 1X **OptiPure**.
 - c. 1X 11 ml catheterisation jelly syringe.
 - d. 1X **Ugo Leg Bag**.
4. Please note, do not add non-sterile items to the aseptic field. This includes:
 - a. 1X **Ugo Fix Gentle** (catheter clip).
 - b. 1X pair of **Ugo Fix Leg Bag Straps**.
5. Carry out the catheterisation procedure in line with your local policies and procedures following a full patient assessment and patient consent.
6. Document clearly any relevant information following the procedure including reason for catheterisation.
7. Dispose of all waste following the procedure in line with your local waste disposal policy.
8. The waste disposal bag may be stored within **the Ugo Box** until it is possible to dispose of it appropriately. Please note that **the Ugo Box** cardboard container is fully recyclable.

ugopro.TM
catheterisation procedure pack



INTENDED USE

Ugo Pro is designed to provide a pre wrapped aseptic field and essential routine components for the safe and effective aseptic removal and /or insertion of a urinary catheter.

INDICATIONS

Removal and /or insertion of a urinary catheter.

WARNINGS

- The **Ugo Pro** should be used by a healthcare professional in accordance with local policies and procedures.
- Single use; sterile until open.
- Keep out of reach of children.
- Ensure that any additional medical devices placed on the aseptic field are sterile.

SALINE CLEANSING POD WARNINGS

- For external use only • Do not re-use • Do not use for injection

INSTRUCTIONS

Ugo Pro contains equipment for the aseptic removal and/or insertion of a urinary catheter.

- **Ugo Pro** must be used in accordance with local policies and procedures and best practice guidance by suitably qualified and competent healthcare practitioners.
- Open the **Ugo Pro** pouch packaging and place pack on a clean flat work surface.
- Open the **Ugo Pro** pack outer wrapping touching only the outside corners and spread out to form an aseptic field. Arrange the contents onto the aseptic field (the contents may be used in the order presented to assist with technique).
- Add any additional sterile medical devices required for the procedure to the aseptic field.
- Carry out the catheterisation procedure using the **Ugo Pro** essential routine components (tabled below) in line with your local policies and procedures following a full patient assessment and patient consent.
- Document clearly any relevant information following the procedure including reason for catheterisation.
- Dispose of all waste following the procedure in line with your local waste disposal policy.

Ugo Pro Component	Instructions for use/Rationale
Outer wrapper	<ul style="list-style-type: none"> To wrap the sterile products Create aseptic field for the components to be placed upon
Apron	<ul style="list-style-type: none"> For personal protection Assists with aseptic technique
Grey waterproof drape	<ul style="list-style-type: none"> To be placed under the patient with grey side facing down and absorbent side up Protects the bed from spilt fluids during procedure Assists with aseptic technique
Blue waterproof "O" drape	<ul style="list-style-type: none"> To be placed over the patient with blue side facing down and absorbent side up Assists with dignity during the procedure Assists with aseptic technique
Waste bag	<ul style="list-style-type: none"> For all waste to be collected throughout the procedure
10ml empty syringe	<ul style="list-style-type: none"> To remove fluid from pre filled Foley catheter balloon prior to catheter removal
6 non-woven swabs	<ul style="list-style-type: none"> To assist with the removal of Foley catheter To assist with general catheterisation procedural technique
Clear tray with 2 compartments	<ul style="list-style-type: none"> Holds components for procedure Holds cotton balls and saline cleansing solution in small compartment during procedure Large compartment can be used as a urine receiver during catheterisation
20ml saline cleansing pod (0.9% w/v sodium chloride)	<ul style="list-style-type: none"> Empty contents over non-woven balls in tray compartment Cleanse catheter insertion site during procedure
5 non-woven balls	<ul style="list-style-type: none"> For cleansing the catheter insertion site during procedure once coated in saline cleansing solution
3 pairs of medium nitrile Ugo Pro gloves	<ul style="list-style-type: none"> 3 pairs of gloves to support an aseptic technique - to be used for the following aspects of the procedure: <ol style="list-style-type: none"> Removal of catheter Cleaning of the catheter insertion site Insertion of a new catheter

ugo.TM
Foley catheter

100% silicone 2-way Foley catheter with integrated 10ml balloon
STANDARD LENGTH (420mm)

and

optipure.TM

Ugo Foley Catheter

For urethral use | Up to 12 weeks use
X-ray detectable line
3 catheter product record stickers

OptiPure



For the inflation of Foley catheter balloons only.
Not to be used for injections.
Keep out of reach of children.



The Ugo Box has 3 different sizes of the Ugo Foley Catheter to choose from: 12, 14 or 16FR.

INTENDED USE

The **Ugo Foley Catheter** is used for the urethral catheterisation of the urinary bladder. It is suitable for use in adult men and women.

INDICATIONS

For continuous bladder drainage and/or instillation of appropriate therapeutic agents into the bladder and/or bladder irrigation.

The **Ugo Foley Catheter** must be used in line with local catheterisation policies and procedures following a clinical assessment of the patient.

CONTRAINDICATIONS

The following patient history must be taken into consideration:

- Recent urethral injury or stricture.
- Recent urethral or bladder surgery.
- Prior transurethral resection of the prostate with a large tissue defect.
- Significant symptoms of urinary obstruction prior to treatment.

WARNINGS AND PRECAUTIONS

- The **Ugo Foley Catheter** is a single-use device. Re-use of this device may result in patient infection or injury. Resterilisation, reprocessing, cleaning and disinfection may also compromise the product characteristics resulting in physical harm or

- infection to the patient.
- The **Ugo Foley Catheter** should be used by a healthcare professional in accordance with local policies and procedures.
- Do not use petroleum-based lubricants during catheter insertion. Water soluble lubricants only should be used.
- Ensure correct size catheter charriere [FR] and balloon volume is used.
- Only use 10ml syringe of sterile water for catheter balloon inflation.
- Do not overinflate the balloon as there is risk of balloon rupturing.
- Do not underinflate the balloon as there is risk of catheter displacement.
- Do not clamp the **Ugo Foley Catheter** as this can damage the catheter lumen.
- Never cut the catheter or inflation channel to try and deflate the balloon.
- The **Ugo Foley Catheter** should not be stored folded.
- Keep out of reach of children.

OPERATING INSTRUCTIONS

1. CATHETER INSERTION

- Catheter insertion should always be carried out using an aseptic technique and hand hygiene is essential to reduce the risk of catheter associated urinary tract infection.
- All additional products used with the **Ugo Foley Catheter** during the procedure must be sterile.
- Insert the **Ugo Foley Catheter** into the urethra using a water soluble lubricating gel.
- Always ensure the catheter is fully inserted and urine is draining before inflating the balloon to ensure the balloon is not inflated in the bladder neck or urethra.
- Use the catheter product record label stickers to record catheter details and retain according to local policy.
- Apply 1 sticker to the “patient implant card” supplied in the **Ugo Foley Catheter** box and provide to the patient.

Patients requiring long-term catheters should be continuously assessed and have them removed when not required.

2. CATHETER REMOVAL

- Deflate the catheter balloon slowly by attaching an empty syringe to the valve of the inflation lumen.
- To avoid the catheter tubing collapsing in on itself, gentle and slow deflation is recommended to empty the balloon without force.
- The balloon must be completely deflated before the catheter is gently removed.
- If the balloon does not deflate, seek a suitably trained healthcare professional for assistance.

CATHETER CARE

- After the catheter is inserted, ensure it is connected to an appropriate urine drainage bag or catheter valve.
- Secure and support the catheter and urine drainage system to prevent trauma and discomfort.

- Wash the area where the catheter enters the body daily with soap and water. Do not use moisturiser or talcum powder.

POTENTIAL COMPLICATIONS AND SIDE EFFECTS

There is a risk of serious complications associated with having a Foley catheter including trauma, discomfort and infection. These complications may be related to the catheter in situ or may be related to a health condition. If you experience any of the following seek medical help immediately;

- blood in urine or blood clots.
- swelling, inflammation or discomfort around catheter site or bladder/pelvis.
- cloudy, foul smelling urine.
- feeling unwell, high temperature, nausea/vomiting or in any pain/discomfort.
- urine not draining/catheter blocked or urine bypassing around catheter or in discomfort.
- bladder pain and spasms.

There is also an increased risk of chronic infection and the additional complications this can bring. Always adhere to your local policies and procedures for the treatment and management of catheter associated urinary tract infections.

DISPOSAL

Dispose of all catheterisation equipment in line with your local waste disposal policy.

PACKAGING

The **Ugo Foley Catheter** is supplied in sterile pouch packaging in a protective box.

REF NO	BRAND NAME	SIZE
3350	Ugo Foley Catheter	12FR
3351	Ugo Foley Catheter	14FR
3352	Ugo Foley Catheter	16FR

optilube™ sterile lubricating jelly



The Ugo Box has 2 types of catheterisation jelly syringes to choose from;

OptiLube 11ml or

OptiLube Active CHG Free 11ml

1 x 11ml syringe is suitable for either male or female catheterisation.

INDICATION FOR USE

OptiLube is a sterile water soluble jelly used for lubrication of the urethra prior to insertion of urethral catheters and other medical devices. The lubricating effect helps prevent trauma being caused to the urethral mucosa.

OptiLube is a clear, water-soluble, non-irritating, petroleum free lubricating gel.

INGREDIENTS

- 100g jelly contains
- Hydroxyethylcellulose
- Propylene Glycol
- Purified Water

CONTRAINDICATIONS

OptiLube must not be used in patients with known hypersensitivity to any of the ingredients.

Do not use for intravenous (IV) or intramuscular (IM) injections.

WARNINGS

OptiLube should only be used under the supervision of health professionals in accordance with local policies and procedures.

Do not use in eyes. Keep out of reach of children.

SIDE EFFECTS

Like any medication, **OptiLube** may cause side effects in some people.

In rare cases local hypersensitivity reactions may occur, such as redness, stinging, or itching. Side effects to this product should be documented in patient records.

HOW TO USE

The decision as to which size of **OptiLube** sterile water-soluble lubricating jelly pre-filled syringe to be used is taken by the healthcare professional. It is recommended that this product is used as part of an aseptic technique.

- Cleanse the opening to the urethra and surrounding area prior to use.
- Remove the syringe from its sterile package by tearing away the protective paper.
- Remove the cap from the end of syringe.
- Apply a drop of jelly to urethral opening to make initial insertion easier.
- Insert the nozzle into the urethral opening and press the plunger of the syringe slowly to release the necessary amount of **OptiLube**

NOTE: **OptiLube** should be applied to the urethra, not directly onto the device.

NOTES & STORAGE

Scale on the syringe is for the orientation of the user.

It does not have a measurement function.

Store between 5-30°C (41-86°F) until expiry date.

Keep dry and out of direct sunlight.

Unopened packs have a 3 year shelf life. Do not use after expiry date.

STERILISATION

OptiLube is supplied sterile.

Sterilised with gamma radiation after the packaging process.

Do not resterilise.

PACKAGING

Do not use if packaging is damaged.

OptiLube is single use. Any remaining jelly in the syringe must be disposed of according to local policies and procedures.

Optilube™

active CHG free

sterile
lubricating jelly
with local anaesthetic
for urethral application



The Ugo Box has 2 types of catheterisation jelly syringes to choose from;

Optilube 11ml or

Optilube Active CHG Free 11ml

1 x 11ml syringe is suitable for either male or female catheterisation.

Optilube Active CHG Free is a sterile water soluble jelly used for lubrication of the urethra prior to insertion of urethral catheters and other medical devices.

It helps to prevent trauma being caused to the patient during catheterisation procedures or other urethral procedures by effective lubrication.

Additionally, **Optilube Active CHG Free** contains local anaesthetic properties to reduce the risk of pain for the patient.

This instruction for use applies only to **Optilube Active CHG Free**.

INDICATION FOR USE

Optilube Active CHG Free (with Lidocaine) is a sterile water-soluble jelly used for lubrication of the urethra prior to insertion of urethral catheters and other urological medical devices including cystoscopes.

It helps to prevent trauma being caused to the patient during catheterisation procedures or other urethral procedures by effective lubrication. Additionally, **Optilube Active CHG Free** contains local anaesthetic (**Lidocaine**) properties to reduce the risk of pain for the patient.

This instruction for use applies only to **Optilube Active CHG Free (with Lidocaine)**.

INGREDIENTS

100g jelly contains:

- Purified Water
- Hydroxyethylcellulose
- Propylene Glycol
- 2g Lidocaine Hydrochloride

CONTRAINDICATIONS

- **Optilube Active CHG Free (with Lidocaine)** must not be used in patients with known hypersensitivity to any of the ingredients.
- **Optilube Active CHG Free (with Lidocaine)** should not be used in patients who have damaged or bleeding mucous membranes because of the risk of systemic absorption of the **Lidocaine**.
- Do not use in children below 2 years of age.
- Do not use for intravenous (IV) or intramuscular (IM) injections.

WARNINGS

Optilube Active CHG Free (with Lidocaine) must be used only under the supervision of health professionals in accordance with local policies and procedures.

Optilube Active CHG Free is not suitable if a patient;

- Has ever had a reaction to **Lidocaine**;
- Has an allergy or is hypersensitive to any of the ingredients;
- Has a damaged or bleeding urethra.

Care should be taken when using the jelly with patients who:

- Have heart problems or taking medication for treating irregular heartbeat;
- Have liver problems;
- Are epileptic;

Optilube Active CHG Free (with Lidocaine) must not be used at the same time as other medical devices or medicines containing **Lidocaine** or other local anaesthetic. Patients may experience a slight stinging on application of the jelly, but this stops as soon as the anaesthetic starts to work. Encourage patients to report any reaction to the jelly.

Do not use orally. If swallowed, please seek medical advice.

Do not use in eyes. Keep out of reach of children.

PREGNANCY AND LACTATION

Only use during pregnancy and breast feeding under the direction of a doctor.

Always ask the patient if they are pregnant prior to using jelly.

EFFECTS ON ABILITY TO DRIVE AND USE MACHINES

The ability to drive and operate machinery may be slightly impaired after the use of lubricating gel with **Lidocaine**. If affected, patients should be advised not to drive or use machinery.

SIDE EFFECTS

Like any medication, **Optilube Active CHG Free (with Lidocaine)** may cause side effects in some people. Side effects to this product should be documented in patient records.

In rare cases local hypersensitivity reactions may occur, such as redness, stinging, or itching and/ or systemic reactions to **Lidocaine**. There is also a risk of severe reactions including drop in blood pressure, dizziness, nausea, shortness of breath, bradycardia, convulsions and anaphylactic shock.

DRUG INTERACTIONS

Depending on the absorption of **Lidocaine**, these interactions can be seen when used with the following medications;

Propranolol: Reduction in plasma clearance of **Lidocaine**

Cimetidine: Reduction in plasma clearance of **Lidocaine**

Antiarrhythmic products: Increase in the toxicity of **Lidocaine**

Phenytoin or barbiturates: Reduction in plasma levels of **Lidocaine**

Specified interactions can be seen in the long-term use and repeated high doses.

When administered as recommended, there are no clinically significant interactions reported.

OVERDOSE

OptiLube Active CHG Free (with Lidocaine) must not be used at the same time as any other medical device or medicines containing a local anaesthetic agent. In the event of excessive absorption of **Lidocaine** into the bloodstream, symptoms may include central nervous system effects and cardiovascular reactions. The elimination half-life of **Lidocaine** hydrochloride following an intravenous bolus injection is typically 1.5 to 2 hours. The half-life may be prolonged in patients with liver dysfunction.

HOW TO USE

Dosage recommendations:

- For adults max. 16ml jelly (\cong 0.3ml **Lidocaine**).
Adult maximum dosage: No more than 0.6ml of **Lidocaine** should be given in any 12 hour period.
- For children (between 2 and 15 years); max. 0.3ml jelly/kg B.W (\cong 0.006ml **Lidocaine**/kg).
No more than four doses may be administered within 24 hours.

Excessive dosage or short intervals between doses can result in high plasma levels and serious adverse effects.

The decision as to which size of **OptiLube Active CHG Free (with Lidocaine)** sterile lubricating jelly pre-filled syringe to be used is taken by the healthcare professional. It is recommended that this product is used as part of an aseptic technique.

- Cleanse the opening to the urethra and surrounding area prior to use.
- Evenly peel back paper backing and remove sterile syringe.
- Remove the cap from the end of syringe.
- Apply a drop of jelly to urethral opening to make initial insertion easier.
- Insert the nozzle into the urethral opening and press the plunger of the syringe slowly to release the necessary amount of **OptiLube Active CHG Free (with Lidocaine)**.

NOTE: **OptiLube Active CHG Free (with Lidocaine)** should be applied to the urethra, not directly onto the device.

- The lubrication characteristics of the jelly start to take effect at the time of application. The onset of anaesthetic effect takes 3-5 minutes.

NOTES & STORAGE

Scale on the syringe is for the orientation of the user. It does not have a measurement function.

Store between 5-30°C (41-86°F) until expiry date.

Keep dry and out of direct sunlight.

Unopened packs have a 3 year shelf life. Do not use after expiry date.

STERILISATION

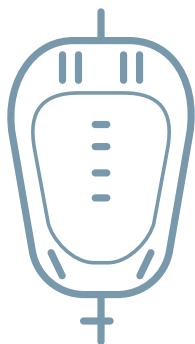
OptiLube Active CHG Free (with Lidocaine) is supplied sterile.

Sterilised with gamma radiation after the packaging process. Do not resterilise.

PACKAGING

Do not use if packaging is damaged.

OptiLube Active CHG Free (with Lidocaine) is single use. Any remaining jelly in the syringe must be disposed of according to local policies and procedures.



The **Ugo Box** has 2 variations of **Ugo Leg Bag** to choose from:
Ugo 1C (5cm short tube, 500ml, lever tap)
or **Ugo 2C** (25cm long tube, 500ml, lever tap)

The **Ugo Leg Bag** can remain attached to your catheter for up to 7 days. The leg bags are sterile pouched packaged and have a needle free sample port.

Only use the **Ugo Leg 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.

HOW TO ATTACH YOUR UGO LEG BAG TO YOUR CATHETER

- 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).
- Remove any straps or sleeve which are supporting your **Ugo Leg Bag** to your leg.
- Open the pouch packaging for a new **Ugo Leg Bag** and remove the protective cap from the leg bag stepped connector.
- 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).
- It is important that you do not touch the ends of the catheter or leg bag connector during the change (Non touch technique)
- The discarded protective cap from the new **Ugo Leg Bag** can be attached to the stepped connector of the old leg bag.
- Apply your leg bag fixation and support devices and adjust to ensure optimum drainage and comfort. If using the **Ugo Fix Leg Bag Straps** provided, follow the instructions on how to fit overleaf. Alternatively you can use the **Ugo Fix Sleeve** for extra support. To find out more contact ugo@optimummedical.co.uk.
- Empty the urine from your old leg bag into the toilet and dispose of the bag as recommended by your nurse.
- Wash and dry your hands.

HOW TO EMPTY YOUR UGO LEG BAG

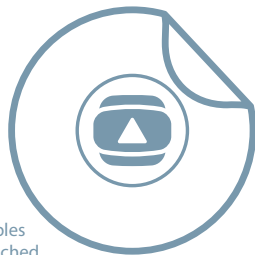
- Wash and dry your hands (if a carer is emptying your bag for you they must apply a clean pair of gloves after drying their hands).
- Hold the outlet tap over a toilet or suitable receptacle.
- Open the tap by sliding the T tap or pushing the lever tap down.
- Allow the bag to drain completely then close the tap.
- Dry the end of the soft silicone outlet tubing with a clean wipe if necessary.
- Wash and dry your hands.

WARNING

NEVER RECONNECT A USED LEG BAG

If your urinary drainage system is not draining urine and/or you are in discomfort or feeling unwell, contact your nurse or doctor immediately.

REF.	Product description			
1C/500/ST/L	Ugo 1C	500ml	Short tube (5cm)	lever tap
2C/500/LT/L	Ugo 2C	500ml	Long tube (25cm)	lever tap



At **Optimum Medical** we understand the need for secure and reliable catheter fixation. We have developed the **Ugo Fix Gentle** to offer comfortable fixation, giving the patient the confidence to move around freely.

The **Ugo Fix Gentle** provides fixation of 2 way indwelling urinary catheters at the bifurcation of the catheter. It enables fixation of urethral or suprapubic catheters which are attached to catheter valves or drainage bags. The **Ugo Fix Gentle** is one size to fit all 2 way indwelling catheter sizes and materials.

BENEFITS OF USING THE UGO FIX GENTLE

The **Ugo Fix Gentle** reduces the risk of trauma and pain caused by the catheter pulling or repeatedly rubbing on the bladder neck and urethra. Each **Ugo Fix Gentle** can be used for up to 7 days. Only change it sooner if it is damaged or soiled. You can shower whilst wearing the **Ugo Fix Gentle**.

REVOLVING CLIP

- Revolving clip motion allows the catheter to move in natural unison with the body
- Raised arrow on top of clip points towards the bladder
- Internal silicone bonding provides grip to catheter surface
- Holds catheter away from skin to prevent skin marking

SOFT SILICONE RE-ADHESIVE GEL PAD

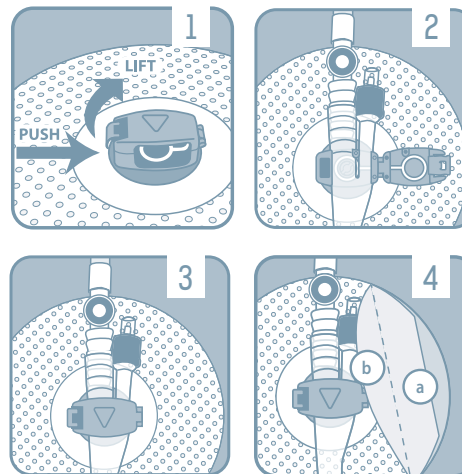
- Atraumatic removal without use of solutions to dissolve adhesive
- No sticky residue
- Conforms to all skin types through multiple points of contact
- Can be repeatedly applied to same skin area
- Re-adhesive tack enables easy repositioning
- No complex skin preparation required

INSTRUCTIONS FOR USE

It is important that the catheter is fixed into the **Ugo Fix Gentle** prior to applying to the skin.

Before applying to the skin

Please note: the **Ugo Fix Gentle** is designed to fix and secure the catheter. If the catheter is attached to a urine drainage bag, it is advisable to use additional support for the weight of the urine bag.



1. Open clip

- Push and lift the catch to open the **Ugo Fix Gentle** lid
- You will sense a click

2. Insert catheter

- Place the bifurcation part of the catheter into the **Ugo Fix Gentle** (it can only fit one way)

3. Close lid

- Once in place, close the **Ugo Fix Gentle** lid by gently pressing it down
- You will sense a click

APPLICATION TO SKIN

4. Now the catheter is fixed into the clip, the **Ugo Fix Gentle** can be applied to the skin. Ensure the skin is clean and dry before application.
 - Remove backing (A) and apply to skin in desired position
 - Remove backing (B) and smooth in place
 - Finally ensure the catheter is not pulling when stood up and you are able to move around comfortably with it in place

ugofix™

leg bag straps

The **Ugo Fix Leg Bag Straps** provide support for your **Ugo Leg Bag**. They are suitable for securing your **Ugo Leg Bag** to your thigh, upper knee or shin and can be used on any size **Ugo Leg Bag**. The **Ugo Fix Leg Bag Straps** come as a pair, one strap is 75cm and the other is 45cm. Both straps are fully adjustable and can be cut to fit if necessary. The **Ugo Fix Leg Bag Straps** are washable and reusable, please follow the washing instructions provided.



INSTRUCTIONS FOR USE

It is 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

1. • 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
2. • 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

1. • Feed the long **Ugo Fix Leg Bag Strap** (75cm) through the 4 holes in the top of your **Ugo Leg Bag**
2. • 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
3. • 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

