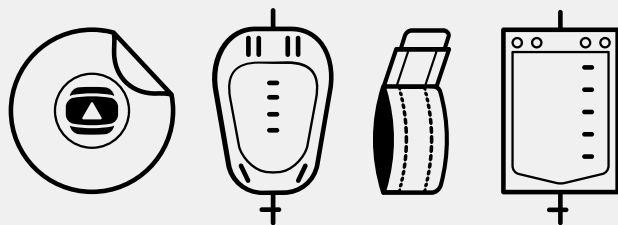




# USER GUIDE

## Product Information Leaflet



For full Instructions for Use for each device, scan this QR code →



or go to: [www.optimummedical.co.uk/product-instructions-use/](http://www.optimummedical.co.uk/product-instructions-use/)

To order additional supplies of the items contained within your **Ugo Home**, please refer to the information below and the information provided in your **Ugo Home** pack.

PR. REF	Product Name	Description	Package
1C/500/ST/L	Ugo 1C Leg Bag	500ml, short tube, lever tap	Box of 10
2C/500/LT/L	Ugo 2C Leg Bag	500ml, long tube, lever tap	Box of 10
10/NS/SU/DO	Ugo 10 2L Drainage Bag	with single use T tap	Bag of 10
3011	Ugo Fix Leg Bag Straps	75cm and 45cm leg bag straps	Box of 10 pairs
3004	Ugo Fix Gentle	catheter clip	Box of 5

**Ugo 4 Weeks** - a 4-week urinary drainage and management system.

PR. REF	Product Name	Description
3014	Ugo 4 Weeks 1C	500ml, Short Tube, Lever Tap
3015	Ugo 4 Weeks 2C	500ml, Long Tube, Lever Tap

**KEEP OUT OF REACH OF CHILDREN**

Ugo Leg Bags	CE 2797
Ugo 10 2L Drainage Bags	CE
Ugo Fix Leg Bag Straps	CE
Ugo Fix Gentle	CE



Australia sponsor:  
Optimum Medical Australasia Pty Limited,  
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Tel.: +44 (0) 8456 435 479  
[enquiries@optimummedical.co.uk](mailto:enquiries@optimummedical.co.uk)

# PRODUCT REF / CONTENTS

PR. REF	Product Name	Description
3018	Ugo Home 1C	one week pack
3019	Ugo Home 2C	one week pack

The **Ugo Home** is a procedure pack, which contains all the urinary drainage bags and fixation devices required for the first seven days following discharge from hospital with an indwelling urinary catheter, providing you with peace of mind whilst your prescriptions are processed.

## Each Ugo Home pack contains:

1 x **Ugo 1C Leg Bag** or **Ugo 2C Leg Bag** (sterile, 500ml, fabric backed)

7 x **Ugo 10 2L Drainage Bags** with single use T tap

1 x pair of **Ugo Fix Leg Bag Straps**

1 x **Ugo Fix Gentle** (catheter clip)

### This is a Product Information Leaflet for the user.

The **Ugo Home** has been recommended/prescribed for you by a healthcare professional.

Do not share it with anyone else.

Read all of the product information leaflet prior to use and retain for your information.

If you are unsure about how to use this product, please seek medical advice.

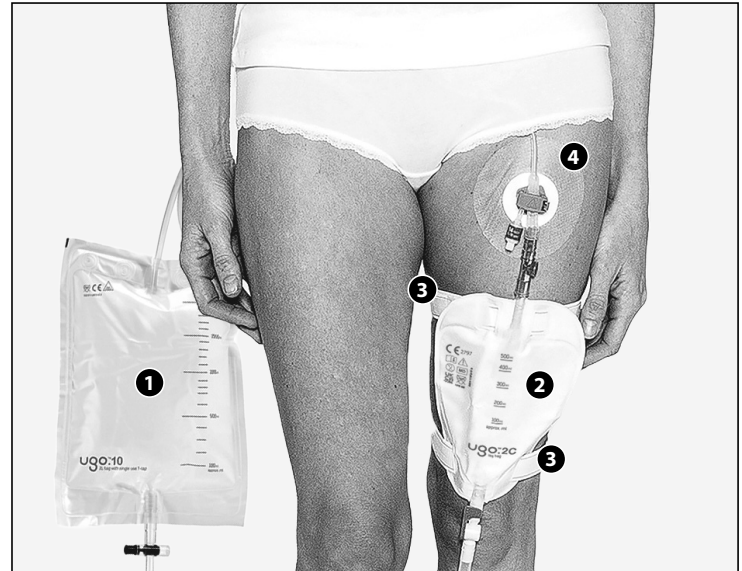
For contraindications, warnings and precautions please see the full Instructions for Use for each device.

For full Instructions for Use for each device, scan this QR code →



or go to: [www.optimummedical.co.uk/product-instructions-use/](http://www.optimummedical.co.uk/product-instructions-use/)

# THE UGO HOME CATHETER DRAINAGE SYSTEM



# UGO LEG BAGS

Your **Ugo Home** contains 1 x fabric backed **Ugo Leg Bag**, which can remain attached to your catheter for up to 7 days.

**Ugo Leg Bags** are supplied sterile, in a sealed pouch. Each **Ugo Leg Bag** has a needle free sample port for use by a clinician to obtain a urine sample.

**WARNING: NEVER RECONNECT A USED LEG BAG!**

## 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 current 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.
- Pinch off the funnel end of the catheter using your thumb and forefinger just below where the end of the old leg bag is inside the catheter.
- 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 for disposal.
- 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 within your **Ugo Home**, follow the instructions on how to fit overleaf.
- 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**

- Empty your **Ugo Leg Bag** as frequently as recommended by your healthcare professional. This is usually when it is 2/3 full.
- 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 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.

### PRECAUTIONS:

- **Ugo Leg Bags** can be used continuously for up to 7 days.
- Discard after use.
- Never try to reconnect a used **Ugo Leg Bag**, as this may result in infection.
- Do not let the tube of your leg bag touch the floor.
- Always support the weight of your leg bag.
- Feeling unwell? Speak to your healthcare professional immediately.

# UGO 10 2L DRAINAGE BAG WITH SINGLE USE T TAP

Your **Ugo Home** contains 7 x **Ugo 10 2L Drainage Bags**.

The **Ugo 10 2L Drainage Bag** is a single use, non-sterile drainage bag. It is suitable for link-drainage only.

**WARNING: NOT SUITABLE FOR ATTACHING DIRECTLY TO YOUR CATHETER!**

How to attach and remove your **Ugo 10 2L Drainage Bag** with single use T tap as part of an overnight link drainage system

### BEDTIME - Attaching your **Ugo 10 2L Drainage Bag**

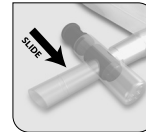
- Wash and dry your hands (if a carer is doing this for you they must apply a clean pair of gloves after drying their hands).
- Remove any straps which are securing your **Ugo Leg Bag** to your leg.
- Remove the protective cap from your **Ugo 10** stepped connector.
- Insert the stepped connector from your **Ugo 10** into the soft silicone tubing on your **Ugo Leg Bag** (ensure an adequate seal).
- Ensure your **Ugo 10** is adequately supported and ensure the tap is not touching the floor.
- Open the lever tap valve on your **Ugo Leg Bag** to allow immediate and continuous drainage of urine into the **Ugo 10**.
- Wash and dry your hands.

### MORNING - Removing your **Ugo 10 2L Drainage Bag**

- 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).
- Close the lever tap on your **Ugo Leg Bag**.
- Disconnect the **Ugo 10** from the soft silicone tubing on your **Ugo Leg Bag**.
- Apply your leg bag fixation devices and adjust to ensure optimum drainage and comfort.

How to empty and dispose of your **Ugo 10 2L Drainage Bag** with single use T tap

- Empty the urine from your **Ugo 10** into the toilet or suitable receptacle after sliding the T tap across (see illustration below).
- Dispose of bag as recommended by your nurse.
- **Please note:** The **Ugo 10 2L Drainage Bag** is a single use item. Once the tap has been opened it cannot be closed again.



### PRECAUTIONS:

- **Ugo 2L Drainage Bags** are single use.
- Discard after use.
- Never try to reconnect a used 2L drainage bag, as this may result in infection.
- Do not let the tube of your 2L drainage bag touch the floor.
- Feeling unwell? Speak to your healthcare professional immediately.

# UGO FIX LEG BAG STRAPS

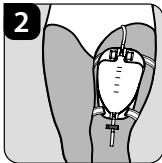
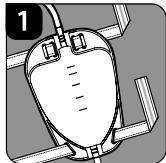
Your **Ugo Home** contains 1 x pair of **Ugo Fix Leg Bag Straps**, which provide support for your **Ugo Leg Bag**. They are suitable for securing your **Ugo Leg Bag** to your thigh, upper knee or shin.

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.

**WARNING:** It is important that you do not let your catheter or leg bag hang down unsupported as this can cause pain and trauma. Always support the weight of your leg bag when fitting the **Ugo Fix Leg Bag Straps**.

## FITTING OPTIONS - Method A

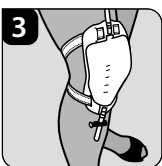
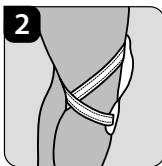
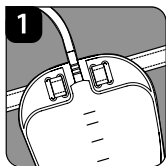
Using both straps to attach your **Ugo Leg Bag** to your thigh or shin



- 1** • 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.
- 2** • 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 lines of each of the **Ugo Fix Leg Bag Straps** are facing down onto your skin.

## FITTING OPTIONS - Method B

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



**Please note:**  
You may not need to use the short **Ugo Fix Leg Bag Strap** (45cm) for this method, however it can be used if necessary to create one longer strap by joining them together using the Velcro tabs.

- 1** • Feed the long **Ugo Fix Leg Bag Strap** (75cm) through the 4 holes in the top of your **Ugo Leg Bag**.
- Ensure the silicone line of the **Ugo Fix Leg Bag Strap** is facing down onto your skin.
- 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.

CARE INSTRUCTIONS:



# UGO FIX GENTLE (CATHETER CLIP)

Your **Ugo Home** contains 1 x **Ugo Fix Gentle** (Catheter clip).

The **Ugo Fix Gentle** provides comfortable fixation of your indwelling urethral or suprapubic catheter.

The **Ugo Fix Gentle** is compatible with most 2 way indwelling catheters.

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**.

The device may not be suitable for all skin types.

## IMPORTANT!

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

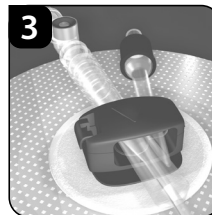
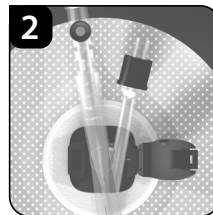
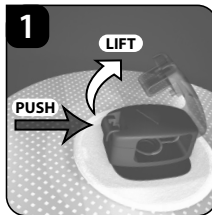
- Push and lift the catch to open the **Ugo Fix Gentle** lid.
- You will sense a click.

### 2 INSERT CATHETER

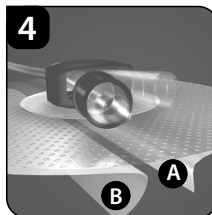
- Place the catheter into the **Ugo Fix Gentle** clip. See diagram below. (it can only fit one way).

### 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 secured 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.

We recommend an allowance of 2-4cm slack to enable natural movement of the catheter. The **Ugo Fix Gentle** can be repositioned if required.