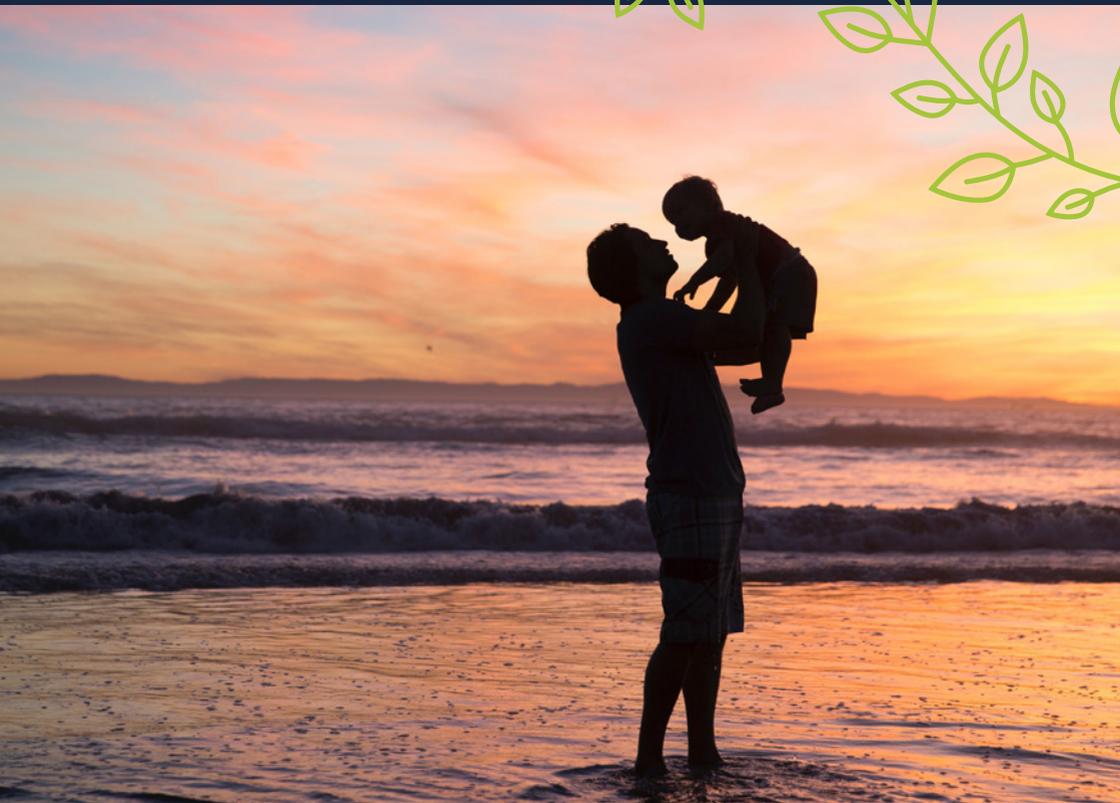




Fitting your urinary sheath



Have you just started using a urinary sheath but aren't 100% sure how it all works? Don't worry, we've got you covered! Here's our super handy guide on how to apply and remove your urinary sheath.

The initial assessment

It's super important that you speak to your nurse or doctor before using a urinary sheath to make sure it's A) right for you, and B) that you are wearing the correct size. Why is correct sizing so important? Wearing a sheath that's too tight can cause discomfort and sore skin; wearing a sheath that's sitting too loose can lead to leakage or, worst case, it can even fall off. Sheaths usually come with a specially designed measuring guide. If possible, use those to measure as sizes can vary with different brands. They also come in two lengths - standard and shorter - to give you the best possible fit. We know, this all sounds super complicated! But don't worry, your nurse or doctor will be able to assist with every step of the way. Once you have been assessed and know which brand and size works best for you, you're good to go and you can start wearing your sheath.



Applying your urinary sheath

First off, make sure your penis is clean and dry and that there is no broken skin. If there are no problems with your skin, you can go ahead and apply your sheath. If you can spot some broken or irritated skin, however, it's better to not apply a sheath. Speak to your nurse or doctor; they will help you find a different option of managing your incontinence while your skin is healing.

Next, wash your hands and dry them properly. Make sure to trim any hair that could potentially get caught in the sheath. Some sheaths come with a handy pubic hair protector to make the fitting process even easier.

When you're ready, position the sheath over the end of your penis. Your foreskin should not be retracted when fitting your sheath! Leave a small space between the end of your penis and the base of the sheath spout. This will make sure that it stays in place when passing urine. When you've got it in position, fully unroll the sheath along the length of your penis and make sure that you unroll it evenly. Then just hold the sheath in place for a minute to ensure the adhesive has bonded and, *voilà*, you're all done!

Attaching your leg bag

As a next step, you will likely want to attach a leg bag. Before connecting the bag to your urinary sheath, secure it to your leg and make sure that it feels comfortable and that you can move freely.

If you're using leg bag straps, slide them through the slots in your leg bag and make sure they run behind the bag. Then adjust the straps so they hold your leg bag in place but are still comfortable. If your straps have a grippy surface. Alternatively, you can also use a leg bag sleeve to support your leg bag. Have a read of the user instructions to make sure you're using it correctly!

Once your bag is attached to your leg, it's time to fit the leg bag connector to the sheath spout. Make sure it isn't pushed in too far, that there are no twists in the tubing, and that the spout of your sheath hasn't got a kink in it. Check all connections are secure and the tap of your leg bag is in closed position.

For extra security, you can also use a catheter strap or clip to fix the tube going from your sheath to your leg bag to your thigh. This provides some extra support and helps to prevent any dragging or pulling on the sheath.

Fitting your overnight bag

For nighttime, you might want to opt for a larger overnight bag. These drainage bags usually have a capacity of 2000ml, although this can be different for different manufacturers. You can either connect your overnight bag to your leg bag or you can remove your leg bag and connect your overnight bag directly to your urinary sheath. If you choose the first option, make sure to open the tap of your leg bag!

Removing your urinary sheath

Generally, a urinary sheath can be worn for 24 hours. This can vary from manufacturer to manufacturer, however, so it's important to check the user instructions for the one you're using. Before removing your sheath, wash and dry your hands properly. To remove your urinary sheath, use warm water and soap or adhesive remover. This will help you to release the base all the way around and you will be able to roll the sheath off your penis. And that's it! Easy, right?

What to do before applying a new urinary sheath

Before applying a new urinary sheath, check that the skin on your penis isn't broken or irritated. If you can spot any sore spots, don't apply a new sheath and speak to your nurse or doctor instead. They will be able to give you alternatives for managing your incontinence while your skin is healing.

How to get in touch

If you have any further questions or just want a little chat, our lovely Customer Care team is here for you.

Opening hours:

Monday – Friday: 8am to 8pm

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