



A GUIDE TO MANAGING URINARY SHEATHS AT HOME

CLIENT INFORMATION

Introduction

Welcome to the Caremmunity client information handout “A Guide to Managing Urinary Sheaths at Home”.

At Caremmunity we are here to help you manage your urinary sheath and answer your questions. The nurse who comes to visit you will talk with you about any of the problems or issues that may happen. With the changes that a urinary sheath brings this handout is intended to help you adjust in the days ahead. It can be difficult to manage at times however we are here to assist and are only a telephone call away on 8347-1343.

What is a urinary sheath?

Urinary sheaths are devices that are worn over the penis to collect urine. They are worn with a collection bag that is strapped to the leg. Urinary sheaths are made of soft flexible material that has adhesive on the inside to provide a close fit to the shaft of the penis.

When a urinary sheath is correctly fitted the skin does not become contaminated with urine.



Why do I need a urinary sheath?

A urinary sheath will have been recommended by either your doctor or continence nurse as a way of managing your urinary loss. Before this product was recommended you will have received a continence assessment.

You may be experiencing urinary loss for a number of reasons including:

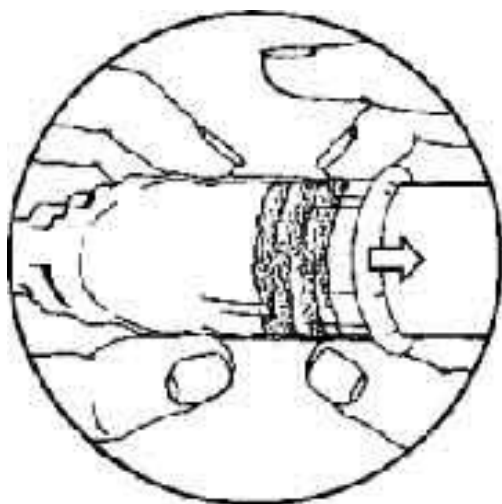
- Outlet obstruction
- After prostate surgery
- Uncontrollable incontinence

How do I apply a urinary sheath?

Before the urinary sheath is applied there are a few important things to remember:

- The penis and surrounding area should be washed and dried thoroughly.
- Moisturising soap, creams and talcum powder can affect the quality of the adhesion.
- Shaving the pubic area can cause skin irritation however the hair can be trimmed if necessary. Alternatively, a hole can be torn into a piece of kitchen paper then placed over the penis to push the hair back. Some sheaths come with a hair guard provided.
- Apply a layer of skin prep to the shaft of the penis if necessary to aid adhesion and protect the skin.
- Remove the sheath from the package
- Place the open end over the head of the penis. **ENSURE THE FORESKIN IS KEPT FORWARD.**
- Pinch the tip of the penis through the sheath and gently unroll the sheath along the full length of the penis.
- Grasp the shaft of the penis in the palm of the hand to apply warmth to the urinary sheath to ensure it adheres to the skin.
- Push the nozzle of the drainage bag into the extension end of the urinary sheath.
- Connect drainage bag to thigh.

The urinary sheath can be worn for any length of time up to three days.



Removing the urinary sheath

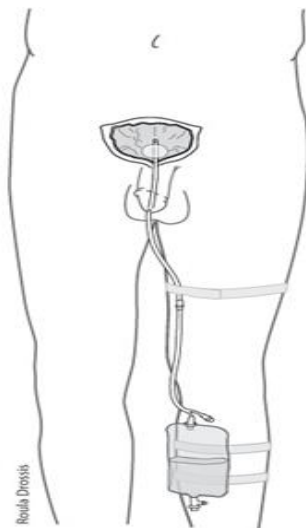
It is important to remember the following when you are removing the urinary sheath:

- The urinary sheath must not be pulled off as this will cause skin damage
- Gently remove the sheath using warm soap and water (often this is best done at times of hygiene).
- Ensure no pubic hair is caught in the sheath prior to removal.
- Use a forward rolling motion to break the seal between the sheath and the skin.
- Once removed leave 10-15 minutes before applying a new sheath as the skin may be damp.

Connecting a drainage bag

When you are using a urinary sheath you will need to connect a drainage bag to collect the urine. This does not need to be a sterile bag as the urinary sheath does not connect with the inside of the bladder. To connect the drainage bag:

- Open the pack and remove the dust cap from the inlet tube of the drainage bag.
- Insert the tip of the drainage bag into the sheath outlet. Ensure that the tip is pushed in securely. (Some drainage bag tubes can be cut to size. A spare nozzle will be provided with these).
- Insert the straps through the provided slots on the bag.
- Once the urinary sheath is applied and the bag is connected – place the straps around the thigh and adjust to fit comfortably. Ensure that the 'grip' surface faces towards your leg. Alternatively a leg bag sleeve can be used to support the bag, follow the instructions enclosed with the sleeve.
- Check the connections are secure.
- Ensure the tap is in the closed position. Empty when half to two thirds full. A bag can be used for up to four weeks provided it is cared for appropriately.



Care of the drainage bag

The drainage bag can be cared for in the following way:

- Wash your hands
- Empty the night bag into the toilet
- Wash inside and out in warm soapy water
- Rinse in clean cold water
- Rinse again in a mixture of 1:4 vinegar
- Hang over the shower door to dry

The drainage bag can be used for approximately four weeks however you can change the bag more frequently if you want to.

Troubleshooting

Got a problem? Try some of these tips below to sort the problem out. Contact your doctor or nurse for assistance if these are unsuccessful.

Problem	Reasons	Answer
Urinary sheath falls off	Sheath is too small	Your continence nurse will need to remeasure you for a new size sheath.
	Drainage bag is too full	Remember to empty the bag when it is half to two thirds full.
	Sheath was not applied correctly	See the instructions in this booklet.
Urine is thick, smelly, contains blood and you feel unwell.	Often this means a urinary infection.	Make an immediate appointment to see your doctor who will test your urine and prescribe antibiotics.
Skin irritation	This may happen because the sheath has not been applied or removed correctly.	See the instructions in this booklet about cleaning the skin before applying the sheath. If the irritation does not settle after a day or so then you need to see your nurse or doctor for advice and treatment. You may also have to stop wearing the sheath while the skin heals.
Impaired penile circulation	This happens because the sheath is too small. You may see some discolouration to the skin and feel some pain through the shaft of the penis or testicles.	You must remove the sheath immediately. Your continence nurse will need to remeasure you for a new size sheath. It is important that you do not continue to wear any more of the smaller sheaths as this may cause damage to the penis.