

# Urinary Sheaths – An Overview

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If you have urinary incontinence, urinary sheaths can provide a good alternative to other devices designed to direct and collect urine e.g. absorbent products (pads).

Sheaths are sometimes called *condom catheters*, *uridomes* or *external or penile sheaths* and look similar to contraceptive condoms. They fit over the penis and are mostly 'self-adhesive'.



## Important Sheath Features to Consider

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### **Skin friendly**

Sheaths are usually made from silicone which is compatible with most skin types and can result in less skin irritation. An effective sheath should stay in place, not leak, be comfortable and be easy to apply and remove. It should stay in place for an acceptable length of time (24 hours is a reasonable expectation). It should avoid skin damage and channel urine effectively.

### **Size**

Sheaths are supplied in a range of lengths and sizes. The key to successful sheath use is appropriate selection and fitting. Sheaths are available in a variety of lengths, designs and diameters. It is important that you are correctly fitted for your sheath. Sheath measuring guides are provided to assist with this.

### **Anti-kinking / twisting**

Hollister's InView Silicone Male External Catheter sheaths help improve drainage and reduce leakages by reducing kinking and twisting.

### **Anti 'blow-off' features – Wide Bore Outlet**

Some sheaths help reduce the likelihood of 'blowing off'.

### **Leg bags**

It is important to use a urine collector (e.g. leg bag) with matching features for your sheath. Your healthcare professional will assist you.

**Always discuss your concerns and questions with your healthcare professional.**

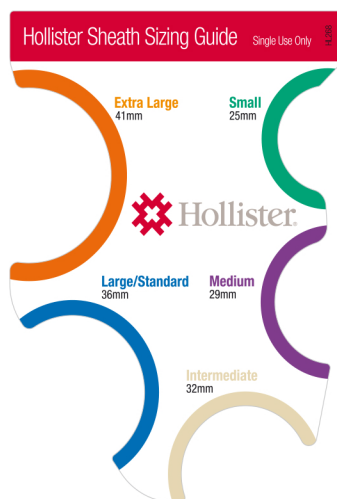
*Some men wear sheaths for certain occasions, such to play a round of golf or attend social functions. Others will choose to wear one only at night.*

# Using Hollister InView Sheaths

## Selecting the proper size

Use of the correct sized sheath will ensure maximum wear time and comfort. Following are some useful tips:

- Use the Hollister Sizing Guide to determine correct size needed. Do not rely on your judgement.
- Place the Hollister sizing guide over the widest part of the penis.
- InView Standard sheaths will meet most needs.






NOTE: This image is for illustrative purposes only. Please contact your healthcare professional for a proper sizing guide.

## Features

- Soft, breathable silicone designed to be non-irritating and comfortable - low chance of irritation.
- Transparent – providing an easy way to check your skin health.
- 24 hour wear time expectation and with the skin friendly adhesive balancing secure fit with easy removal.
- Five sizes in colour-coded packaging for easy identification and selection to help ensure a proper fit.
- A tapered tip helping ensure a secure connection and fit most leg and night drainage bags.
- Not made with natural rubber latex

Each style comes in five different sizes. The packaging is colour-coded for easy identification.

Size	Colour
25 mm	 Green
29 mm	 Purple
32 mm	 Tan
36 mm	 Blue
41 mm	 Orange

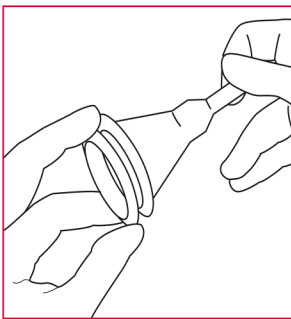


Figure 1.

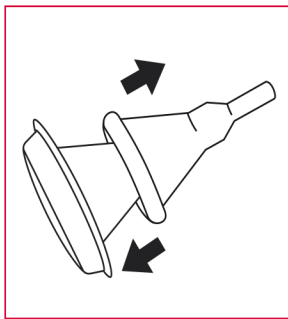


Figure 2.

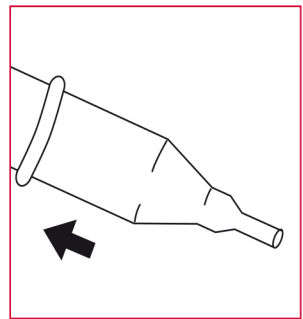


Figure 3.

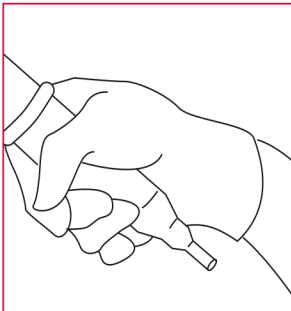


Figure 4.

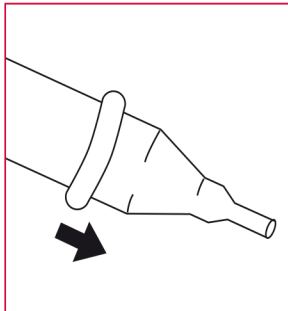


Figure 5.

### Indications and Intended Use

The product is an accessory intended to channel urine from the penis to extension tubing and urinary collection bags for adult males with urinary incontinence.

### WARNINGS

Reuse of a single use product may create potential risk to the user such as poor adhesion, leakage, and skin irritation.

### Precautions

Do not use on irritated or compromised skin.

Do not use if allergic reaction occurs.

Ensure proper fit as instructed. If the sheath (catheter) size is incorrect or leakage occurs, skin damage may occur (e.g., irritation, broken skin, rash, or redness). This may decrease wear time.

Follow directions to remove if experiencing swelling, numbness, discomfort, pain, discoloration, or abnormal appearance.

### Notes

For good hygiene, change sheath (catheter) daily.

To help ensure proper adhesion, apply to clean, dry intact skin. Do not use lotions, powders, or ointments on the skin as these products may interfere with adhesion of the product. Contact a healthcare professional for help with the product or with skin irritation. In case of serious injury (incident) in relation to your use of the product, please contact your local distributor or manufacturer, and your local competent authority.

# Tips for Use - Hollister InView Sheaths

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## To prepare

1. Verify correct product size prior to use. Trim pubic hair if necessary.
2. Wash penis with mild soap and warm water. Dry thoroughly.

## To apply

1. Open package at perforation. Remove sheath (catheter) from plastic insert, if present.
2. Place rolled end over the end of the penis, leaving a small space between the end of the penis and the cone of the sheath (catheter). If applying to an uncircumcised penis, allow foreskin to remain in its natural position. Take care not to pinch or retract the foreskin.
3. Slowly unroll onto the penis with as little wrinkling as possible until product is fully extended.
4. Gently squeeze to properly seal adhesive to the skin. Do not attempt to reposition the product. If possible, avoid leaving a rolled 'collar' around the base of the penis.

To connect this product to a drainage system, refer to the instructions for use packed with that product.

## To remove and dispose

Disconnect from the drainage system. Gently roll the sheath (catheter) forward and off the penis. If necessary, apply a warm wet compress (such as a wet washcloth) around the sheath (catheter) to help loosen the adhesive.

Please follow all local disposal regulations.

# Frequently Asked Questions

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## **Q: How long should I expect a Hollister InView sheath to stay on for?**

A: A variety of factors such as application technique, individual anatomy and condition of the skin may influence wear time. With proper application, you can expect up to 24 hours wear time.

## **Q: Is sizing important in selecting the right sheath?**

A: Yes. The Hollister sizing guide is available to help with proper size selection. If you are between sizes, select the larger of the two sizes.

## **Q: What is the best way to remove the sheath?**

A: Gently roll the sheath off the skin. Use of a warm, wet, soapy washcloth, wrapped around the sheath for approximately 30 seconds may help weaken the adhesive for easier removal in some cases. Adhesive remover wipes, such as Hollister Adhesive Remover Wipes (Product code 7760), may also be helpful.

## **Q: Can external sheaths be used on an uncircumcised penis?**

A: Yes. Apply the sheath with the foreskin in its natural position.

## **Trouble shooting**

- **Sheath not sticking well** – check application technique. Check skin is dry on application and no creams or talc are in use. Check skin condition.
- **Sheath falls off** – this may be due to penile retraction. Can be a problem noted at night or when in bed. If not using the Special shorter length sheath, the client should be changed to this style to try. If not successful, the Hollister Urinary Pouch (page 32) should be considered.
- **Less than expected wear time** – check as above. Re-check sheath size and type. Check client compliance – with initial use some clients take a while to get used to the feel of sheaths. Check that drainage bag has wide bore tubing to allow for normal flow rates. Check tension on sheath from drainage appliance – it may need to be adjusted.
- **Poor flow into drainage device /pooling of urine in funnel** – check sheath is positioned with urethral opening pointing down the tubing. If tucked downwards, this may obstruct flow.
  - Check that drainage device is securely connected to sheath.
  - Check there are no kinks in the tubing and that it is positioned so the bag is below the bladder facilitating gravity flow.
  - Ensure the sheath is not pushed right up against the glans – there should be a small gap between the glans and the drainage port. This also helps prevent pooling of urine.
  - Check the sheath is not too tight and obstructing the urethra – change to larger size.
  - If a vacuum is created preventing drainage – disconnect the tubing to allow drainage and some air into the tubing and reconnect.

**Note:** Do not use on irritated or compromised skin. Do not use if allergic reaction occurs. Not made with natural latex.