



Helping you
stay comfortable around the clock

CliniMed[®]

CliniSure[®]
URINARY SHEATH

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Introducing the CliniSure urinary sheath

The CliniSure sheath is a soft silicone sleeve that fits over your penis to help urine drain away from the body and into a drainage bag. Both the sheath and packaging have been designed with helpful features to ensure your peace of mind.



- ✓ Environmentally friendly
- ✓ Perforated packaging makes each individual sheath packet easy to open in any direction
- ✓ Discreet and no noisy plastic packaging
- ✓ Hair protectors and measuring guide included in every box
- ✓ Wide range of sizes and styles ensures a suitable fit
- ✓ 100% latex free
- ✓ Made of flexible silicone for security and comfort
- ✓ Tubing fits securely to any drainage bag

This booklet provides information on how to use the CliniSure urinary sheath successfully. Please note that this booklet is a guide and should be used alongside the advice and information given to you by your healthcare professional.

Finding the right fit for you

CliniSure urinary sheaths are available in five different sizes and three different styles to ensure a comfortable and secure fit.

Before you use the CliniSure urinary sheath for the first time, it's important to make sure you get the correct size and style of sheath. Getting the correct fit will allow natural movement without being too loose or too tight.



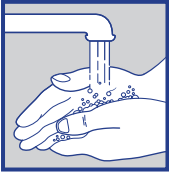
There is a sizing guide provided along with this

booklet to help you check which option is right for you. Even if you have used a different brand of sheath before, always measure using the CliniSure urinary sheath guide provided to ensure an accurate fit.

The sizing guide should be used when your penis is flaccid. Place the guide midway along your penis at the widest point and check the different sizes until you find one that fits snugly with no gaps. If you measure between two sizes, you should choose the tighter option.

If you are unsure which size to use or need any help with sizing, please ask your healthcare professional.

How to use the CliniSure urinary sheath



Step 1

Wash your hands and dry thoroughly before application of the urinary sheath.



Step 2

Wash your penis with warm water and plain non-moisturising soap and dry thoroughly.



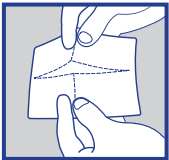
Step 3

If this is the first time you are using the CliniSure urinary sheath, use the measuring guide provided to ensure you are using the correct size and style of sheath.



Step 4

If necessary, trim any pubic hair or use one of the hair protectors provided. Do not shave as this may cause irritation.

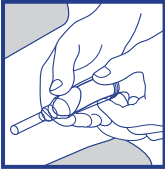


Step 5

Tear along the perforation of the individual pack to remove the sheath, trying not to touch the adhesive.

Please note

In order to provide you with a more sustainable product and remove unnecessary plastic, CliniSure sheaths do not have a plastic protective cap. When you first open the CliniSure sheath pouch, you may find that the sheath is slightly misshapen. In the event of this happening, simply unroll the sheath one turn and it will pop back into shape ready to use.



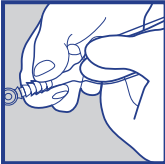
Step 6

If required use a barrier wipe, such as LBF®. If present, ensure your foreskin is forward covering the glans. Position the sheath over the penis. Unroll the sheath along the shaft of the penis, keeping it straight and ensuring the end of the sheath is fully unrolled.



Step 7

Hold the sheath in place with your hand for up to 1 minute, or until you feel that the sheath is secure. This will help warm and activate the adhesive and ensure a secure fit.



Step 8

Connect the sheath to a drainage bag taking care not to twist it and ensure the bag is in the closed position before you attach the connector to the spout of the sheath. Refer to the manufacturer's instructions for use.

Please note

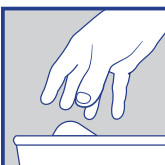
The CliniSure urinary sheath is a single-use product and should be changed every 24 hours, but this may vary between users. Please speak to your healthcare professional for advice. Always check your skin between applications. If your skin becomes irritated whilst using this product, you should stop using the CliniSure urinary sheath and speak to your healthcare professional, who will advise if you can continue to use it.

Removal



Step 1

Use warm soapy water to remove the sheath. If the sheath does not release by soaking in warm water, use a medical adhesive such as CliniPeel®.



Step 2

Dispose of the sheath in a waste bin, do not flush down the toilet and wash your hands.

Frequently asked questions

Why do I need to use a urinary sheath?

Your healthcare professional has recommended a urinary sheath to help with moderate/heavy incontinence. When fitted properly, sheaths can protect from leakage better than a pad. Sheaths can be useful whatever your lifestyle, but they can be particularly helpful if you want to go out or participate in activities where you will not have access to a toilet.

Will the urinary sheath be visible under my clothes?

Urinary sheaths and drainage bags are designed to be discreet when worn under your clothes, so no one will know you are wearing them. For added security, you may choose to use a tube securement device such as CliniFix[®] to secure the drainage bag close to your leg.

How do I choose the right size sheath?

Please use the measuring guide enclosed and measure your penis at the widest point. If you measure between two sizes, the tighter option should be selected. Please see page 4 for more information.

How often should I change my sheath?

Your sheath should be changed every 24 hours. Use warm water and plain, non-moisturising soap to remove the sheath. If the sheath does not release by soaking in warm water, use a non-sting medical adhesive such as CliniPeel[®].

How should I dispose of my sheath?

The used sheath can be disposed of in a normal waste bin. Although the sheath itself is not recyclable, all the CliniSure urinary sheath packaging is recyclable, including the individual sheath packet, the box and the measuring guide.

Can I reuse a sheath?

No. You should throw away your sheath after each use and apply a new one.

What do I do if my sheath does not appear to be sticking properly?

Ensure you have washed your penis with warm water and plain, non-moisturising soap. Make sure you dry thoroughly, as leaving moisture on your skin may prevent the adhesive from sticking correctly. If required, you may also use a barrier wipe such as LBF.

What do I do if my sheath appears to be leaking?

Check that your pubic hair has been trimmed back sufficiently or use the hair protector provided when applying the urinary sheath. If pubic hair is not kept out of the way when fitting the sheath, this can form a channel for urine to leak down. Make sure the drainage bag is connected correctly with no kinks in the tubing and is not leaking from the connection point. Make sure that you do not wear tight underwear or incontinence pads that may block the flow of urine.














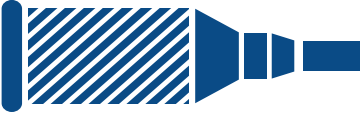




How do I use a hair protector?

Slide the hair protector down your penis so that it covers any pubic hair. Once you have applied the urinary sheath, the hair protector can be removed by simply ripping the paper.

How should I store my box of sheaths?

Store the box of CliniSure urinary sheaths in a cool, dry place away from direct sunlight. Each sheath is individually wrapped. Please keep the sheath in its packaging until you are ready to use it.

Ordering information

Standard				
Quantity	Colour	Size	Product Code	
Box of 30		24mm	CS24S	
Box of 30		28mm	CS28S	
Box of 30		31mm	CS31S	
Box of 30		35mm	CS35S	
Box of 30		40mm	CS40S	
Pop On				
Quantity	Colour	Size	Product Code	
Box of 30		24mm	CS24P	
Box of 30		28mm	CS28P	
Box of 30		31mm	CS31P	
Box of 30		35mm	CS35P	
Box of 30		40mm	CS40P	
Wide Band				
Quantity	Colour	Size	Product Code	
Box of 30		24mm	CS24W	
Box of 30		28mm	CS28W	
Box of 30		31mm	CS31W	
Box of 30		35mm	CS35W	
Box of 30		40mm	CS40W	

To order or try a sample please call the CliniMed Careline on **0800 036 0100**

For further information please visit: www.clinimed.co.uk

SecuriCare home delivery service

SecuriCare's home delivery service ensures you receive the products you want, when you need them. As a SecuriCare customer, you'll receive a personalised service tailored to you as well as a range of complimentary items to support your daily continence care routine.



We deliver...

- **Free home delivery service** for your prescription continence products
- **1-hour delivery window** with text message reminder so you don't have to wait in all day
- **PharmaCare**, SecuriCare's in-house pharmacy, can deliver all your prescription medicines along with your products in one convenient package
- **Simple ordering** via Freephone, email, online, text or post
- **Extended opening hours:** Mon – Fri, 7:45am – 9pm
- **EPS (Electronic Prescription Service)** your prescription is sent to us electronically, saving time*

*With GP consent

It's easy to join



Call 0800 585 125



Email info@securicaremedical.co.uk



Online at www.securecaremedical.co.uk

About the CliniSure range



At CliniMed, we work hard to ensure that our products are environmentally friendly. We have made the outer packaging of CliniSure urinary sheaths as small as possible to minimise the amount of cardboard used, and we have removed the use of plastic where possible. The individual sheath packets are recyclable, along with the box, instructions for use and measuring guide.



The CliniSure range has been designed with value in mind, so you can be sure that you are using a product that could help the NHS keep costs low and care for even more people.

Continence care with CliniSure urinary sheaths

For further information or to order a free sample,
please contact us in any of these ways:

 **CliniMed Careline:** 0800 036 0100

 **Email:** info@clinimed.co.uk

 **Web:** www.clinimed.co.uk

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