



Using Urinary Sheaths

Helpful Tips - Information about using urinary sheaths for male patients

Urinary sheaths are an effective way to manage urinary incontinence in men. It is important to be assessed and carefully measured to ensure the correct size and fit is chosen for you.

Sheaths are likened to a “silicone condom” that has a medical adhesive on the inside to ensure that the sheath is secure (see examples opposite). The voided urine drains through the sheath and into a leg bag discreetly worn under trousers. They can also be worn at night. Sheaths are suitable for both circumcised and non-circumcised men. If you experience penile retraction, alternative products can be considered.



Preparation:

- The penis and surrounding skin should be washed daily with a fragrance-free/oil-free soap and dried thoroughly.
- It is recommended that you leave the foreskin to dry for at least 30 minutes prior to sheath application.
- Avoid using any creams or talcum powder as these will prevent the sheath from sticking.
- Pubic hair can be trimmed but avoid shaving.

Fitting the Sheath

- Always read the manufacturers fitting guide prior to application as fitting for each brand of sheath may vary.
- Please note that some sheath brands are “ready rolled” and others require rolling prior to application.
- If you are not circumcised, always ensure that the foreskin is brought forward, do not retract it.
- Leave a small gap between the head of the penis and the cup of the sheath.
- Carefully unroll the sheath to its full length along the penis shaft. Shorter length sheaths can be used in mild penile retraction.

How often should I change my Sheath?

The sheath can be worn for up to 24 hours.

Sheath removal

- Remove the sheath in the shower or bath.
- Alternatively use warm soapy flannel to wash around the sheath prior to removal.
- Never remove dry.
- Gently unroll the sheath to remove (do not pull).

- Dispose of the sheath in a waste bag. This can be placed in household rubbish.
- Always ensure that once the sheath is removed, your penis is washed thoroughly to remove any adhesive residue left on the foreskin after removal.

Problems with your Sheath

- If your sheath repeatedly falls off or leaks contact your nurse for help and advice.
- It is important that you inspect your skin daily, seek advice if you notice any areas of inflammation, blisters or sore skin to penis area.
- If skin irritation occurs, stop using the sheath and contact your nurse.

About your Leg Bag

Attaching the Leg Bag

- Remove the leg bag from its packaging and remove the cap from the tube.
- Insert the connector of the leg bag into the sheath nozzle and check that the connection is secure.
- Ensure there are no kinks in the tube and the leg bag is positioned so that the urine can flow downwards into the bag.
- Ensure that the leg bag is secured to the leg using either strap or supportive sleeve.
- A catheter retaining strap can also be fastened to the leg bag tubing to prevent “dragging” on the sheath.
- The leg bag can be used up to 5-7 days.
- You may wish to rinse this with warm water daily.

Emptying your Leg Bag

- Check your bag every 2-3 hours (with the exception of during the night - further details below) and empty it when it is 2/3 full.
- Do not let your leg bag get overly full and heavy as it will pull on the sheath.
- Wash and dry your hands.
- Open the tap at the bottom of the leg bag and empty the urine into a clean container (kept only for this) or directly into the toilet.
- Close the tap and wipe it dry with a clean tissue.
- Wash and dry your hands again.

About your Night Bag

Fitting your Night Bag

- Night bags hold approximately 2000mls.
- After emptying the leg bag, the night bag is connected to the bottom of the leg bag. Remove the cap from the night bag connector and push the tip of the night bag into the tap at the bottom of the leg bag.
- Make sure you open the leg bag tap and loosen the straps.
- Position the night bag on a stand.

Disconnecting the Night Bag

- Wash and dry your hands.
- Close the tap on your leg bag.
- Disconnect the leg bag from the night bag and drain the urine in the toilet.
- Your night bag is used for 7 nights so store safely.
- Wash and dry your hands.

Further help and information

If you are experiencing continence issues, contact your GP or Community Nurse.

Further useful information can be found at: www.nhsinform.scot

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