



optimum medical
support™



Have you visited the patient support area of our website?

It's been created to help you understand more about the procedures you experience, and the products which are used.

Visit www.optimummedicalsupport.co.uk to find out more.



optimummedical

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independence with confidence



Designed to support urethral catheters,
suprapubic catheters and sheath systems

USER GUIDE



optimummedical®

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ORDERING INFORMATION

To order the **Ugo Fix Catheter Strap** please speak to your nurse or doctor and refer to the information below.

Alternatively you can call **+44(0)845 643 5479** or email **ugo@optimummedical.co.uk** for more information about how to order.

OM Code	PIP Code	Product Description	Inner Box
3001	393-3371	Ugo Fix Catheter Strap - Extra Short (up to 35cm)	Box of 5
3002	393-3389	Ugo Fix Catheter Strap - Short (up to 45cm)	Box of 5
3003	393-3397	Ugo Fix Catheter Strap - Medium (up to 80cm)	Box of 5
3009	393-3405	Ugo Fix Catheter Strap - Long (up to 130cm)	Box of 5
3010	393-3413	Ugo Fix Catheter Strap - Extra Long (up to 180cm)	Box of 5

independence with confidence

Secure, reliable and simple to use. The **Ugo Fix Catheter Strap** provides comfortable support, giving you the confidence to move around freely.

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INTRODUCTION

The **Ugo Fix Catheter Strap** has been prescribed for you by a healthcare professional following a bladder and catheter assessment. It's important that you use your catheter strap as instructed by your nurse or doctor as part of your ongoing catheter management plan.

The **Ugo Fix Catheter Strap** is a medical device purpose designed for the effective support and fixation of catheters and tubing from urinary leg bags. The **Ugo Fix Catheter Strap** can be used with an indwelling urethral or suprapubic catheter. It's suitable for both men and women.

Only use the **Ugo Fix Catheter Strap** if it has been prescribed for you by a healthcare professional and you (or your carer) have the ability to fit and change it at regular intervals.

This booklet will inform you about the benefits of using the **Ugo Fix Catheter Strap** and also includes detailed instructions as to how the catheter strap can be used and cared for.

All lengths
are fully adjustable



LATEX FREE WARNING: KEEP OUT OF REACH OF CHILDREN



BENEFITS OF USING A UGO FIX CATHETER STRAP

The **Ugo Fix Catheter Strap** is purpose designed to support the weight of a urinary leg bag and retain the catheter or leg bag tubing in a fixed position. This reduces the risk of trauma at the bladder neck and within the urethra, prevents twisting of tubing and allows a free flow of urine.

The **Ugo Fix Catheter Strap** is easy to fit and comfortable to wear. The silicone technology ensures a firm grip on the skin without causing irritation.

The hypoallergenic **Ugo Fix Catheter Strap** is reusable and washable. It's supplied in boxes of 5 to assist with the daily wash and wear cycle.

To maintain the optimum performance of the **Ugo Fix Catheter Strap**, we recommend you wash the strap in a laundry bag. To assist with this we provide a laundry bag in each box.



SELECTING THE CORRECT SIZE OF UGO FIX CATHETER STRAP

The **Ugo Fix Catheter Strap** can be worn on the lower abdomen or leg. The position you secure your catheter strap will depend on whether you have a urethral or suprapubic catheter, the length of your catheter and leg bag tubing, your leg bag volume and your level of mobility. Ask your nurse or doctor if you are unsure where the best position is.

Using a measuring tape (**Ugo Fix** disposable and reusable tapes are available) measure around your lower abdomen or leg at the position you intend to wear your **Ugo Fix Catheter Strap** and select the correct length strap using the table below as a guide.

All **Ugo Fix Catheter Straps** are fully adjustable and can be cut to size.

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HOW TO POSITION YOUR UGO FIX CATHETER STRAP

BEFORE SECURING THE TUBING/ CATHETER

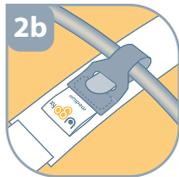
- 1 Place the strap around either the leg or lower abdomen in the desired position with the two silicone lines facing down on the skin.

Ensure the strap is not too tight and the **Ugo Fix** strip is positioned where easily accessible.

SECURING THE TUBING/ CATHETER

- 2 Lift the **Ugo Fix** strip and (a) wrap it over and under the tubing and then (b) through the eyelet.
- 3 Ensure the **Ugo Fix** strip is in the desired position and has a firm hold of the tubing, then secure in place onto the catheter strap using the Velcro tab.

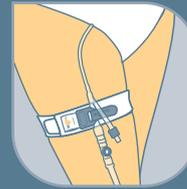
Finally ensure the catheter is not pulling when stood up and that you are able to move around comfortably with the **Ugo Fix Catheter Strap** in place.



THE UGO FIX STRIP



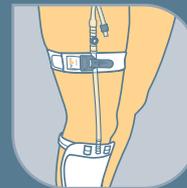
CATHETER STRAP PLACEMENT OPTIONS



Using the **Ugo Fix Catheter Strap** at the catheter bifurcation



Using the **Ugo Fix Catheter Strap** on lower abdomen to secure a suprapubic catheter attached to a valve



Using the **Ugo Fix Catheter Strap** on the leg bag tubing

HOW TO CARE FOR YOUR UGO FIX CATHETER STRAP

- Always wash and dry your hands before and after handling your catheter and leg bag tubing. If someone else is handling your catheter and leg bag tubing, they must wash and dry their hands and apply a clean pair of gloves on every occasion to avoid cross infection.
- Do not disconnect your leg bag during fitting of the **Ugo Fix Catheter Strap**. It's designed specifically to allow fitting without disconnecting the system. Disconnecting the system unnecessarily increases your risk of introducing infection.
- We recommend that you change your **Ugo Fix Catheter Strap** daily along with your catheter hygiene regime. Only change sooner if it's damaged or soiled.
- It's important that you check your skin under the strap regularly and ensure your catheter strap is not too tight.
- It's important you do not let your catheter or leg bag hang down unsupported as this will cause discomfort and may cause trauma to your bladder or urethra. Always support the weight of your catheter and/or leg bag when fitting your **Ugo Fix Catheter Strap**.
- The **Ugo Fix Catheter Strap** is not waterproof however you can still bathe or shower when wearing it. Replace the wet catheter strap with a clean dry one afterwards.

- To maintain optimum performance of the **Ugo Fix Catheter Strap** we recommend that you wash the strap in the laundry bag provided or by hand.
- Replace your box of straps when the elasticity and support is reduced from washing and stretching. This is usually 25-30 washes in a domestic machine following the washing instructions provided.
- We recommend that you remove the **Ugo Fix Catheter Strap** at bedtime and follow your usual overnight drainage regime as recommended by your nurse or doctor.
- Always makes sure you have a spare, clean **Ugo Fix Catheter Strap**. For further supplies please contact your nurse or doctor. Please refer to ordering information at the front of this booklet. Alternatively you can email ugo@optimumedical.co.uk or call +44(0)845 643 5479 for more information about how to order.
- If you are concerned that your catheter is not draining urine or you are in discomfort then contact your doctor or nurse immediately.
- If you use a larger volume leg bag (750ml) or are physically active you may require additional fixation and support. You may benefit from using your **Ugo Fix Catheter Strap** along with the **Ugo Fix Sleeve**.

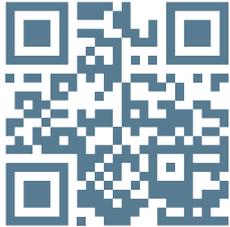


For those who need to have a catheter fitted, we understand the big issue is confidence – the confidence to do all the things you're used to doing.

As specialists in urology products, we've spent a lot of time listening to you, and developing products that offer performance, comfort and instil that all-important confidence.

To find out more about the **Ugo Fix Catheter Strap** please contact:

ugo@optimummedical.co.uk



Or you can find out more about all of our products including the **Ugo Fix Sleeve, Ugo Fix Gentle** and **Ugo Catheter Valve** here:

www.optimummedical.co.uk

INDEPENDENCE
NEUROLOGY
WITH UGO
CONFIDENCE
OPTIMUM
MEDICAL

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