



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](http://www.optimummedicalsupport.co.uk) to find out more.



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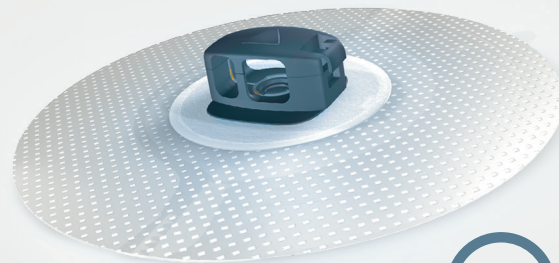
independence with confidence

[www.optimummedical.co.uk](http://www.optimummedical.co.uk)



Designed to fix and support urethral and suprapubic catheters at the catheter bifurcation

## USER GUIDE



optimummedical®



## ORDERING INFORMATION

To order the **Ugo Fix Gentle** 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
3004	394-9054	<b>Ugo Fix Gentle</b>	Box of 5

## independence with confidence

Secure, reliable and gentle. The **Ugo Fix Gentle** benefits from silicone technology to ensure minimal trauma upon removal, and no sticky residue. It provides comfortable fixation giving you the freedom to move around freely.

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## INTRODUCTION

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

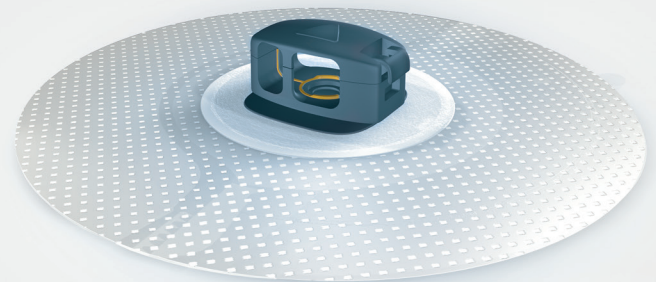
The **Ugo Fix Gentle** is a medical device purpose designed for the effective fixation of urinary catheters at the catheter bifurcation. It is suitable for use with urethral and suprapubic catheters which are attached to urine drainage bags or catheter valves.

Only use the **Ugo Fix Gentle** 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 Gentle** and also includes detailed instructions as to how the catheter clip can be used and cared for.

Easy to apply.  
Easy to remove.  
Gentle on the skin.

With **silicone technology**

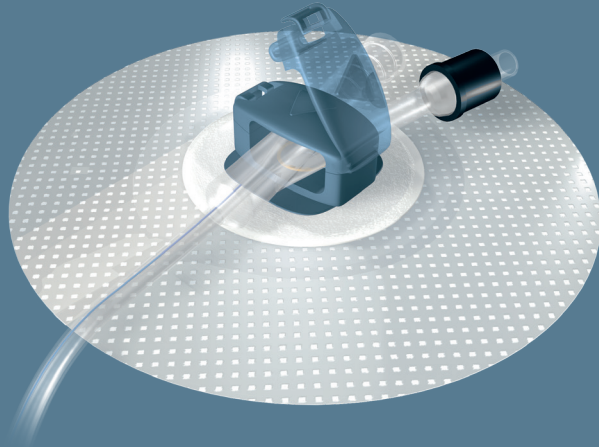


**WARNING: KEEP OUT OF REACH OF CHILDREN**

# BENEFITS OF USING UGO FIX GENTLE

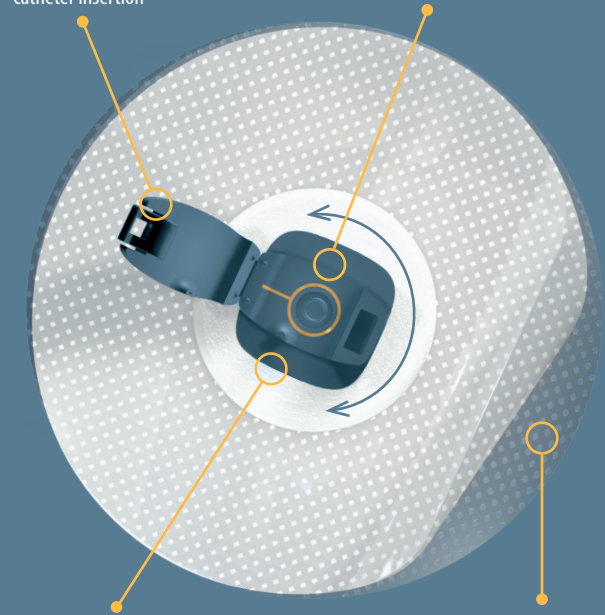
The **Ugo Fix Gentle** is purpose designed to fix and support your catheter at the catheter bifurcation. This reduces the risk of trauma and pain caused by your catheter pulling or repeatedly rubbing on the bladder neck and urethra.

The **Ugo Fix Gentle** is easy to fit and comfortable to wear. The silicone technology ensures a firm grip on the skin yet it's easy to remove and reposition. It's suitable for reapplication over the same area of skin. It requires no skin preparation before application and leaves no sticky residue.



Raised arrow on top of clip to indicate direction of catheter insertion

Holds catheter away from skin to prevent skin marking from catheter and leg bag tubing



Revolving clip motion allows the catheter to move in natural unison with your body

Gentle re-adhesive gel pad with silicone technology



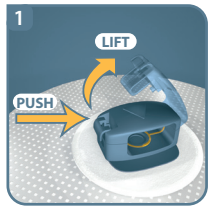
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# HOW TO APPLY YOUR UGO FIX GENTLE

The **Ugo Fix Gentle** is designed to fix and support your catheter. If your catheter is attached to a urine drainage bag, it's advisable to use additional support for the weight of your urine bag. The **Ugo Fix Sleeve** is ideally suited for this purpose.

## BEFORE APPLYING TO YOUR SKIN

**Please note:** It's important that you fix your catheter into the **Ugo Fix Gentle** prior to applying to your skin.



### OPEN CLIP

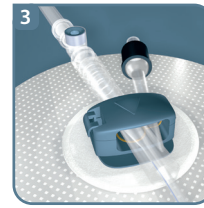
- Push and lift the catch to open the **Ugo Fix Gentle** lid
- You will sense a click



### INSERT CATHETER

- Place the bifurcation part of the catheter into the **Ugo Fix Gentle** (it can only fit one way)

*This is the catheter bifurcation*

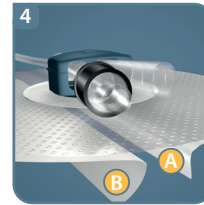


### CLOSE LID

- Once in place, fix the **Ugo Fix Gentle** lid closed by gently pressing the lid down
- You will sense a click

## APPLICATION TO YOUR SKIN

Now your catheter is fixed into the clip, you are ready to apply the **Ugo Fix Gentle** to your skin. Ensure your skin is clean and dry before application.



- Remove backing (**A**) and apply to skin in desired position
- Remove backing (**B**) and smooth in place

## IMPORTANT INFORMATION

Ensure the arrow on the clip is pointing towards your bladder. We recommend an allowance of 2-4cm slack to enable natural movement of the catheter. If your catheter is pulling when you stand up or move around, you can reposition and reapply as necessary.

# HOW TO CARE FOR YOUR UGO FIX GENTLE

- 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 for you they must wash and dry their hands and apply a clean pair of gloves on every occasion to avoid cross infection.
- You don't need to shave or carry out any complex skin preparation before application however only apply the **Ugo Fix Gentle** to skin which is clean and dry with no wounds or sores.
- Do not disconnect your leg bag during fitting of the **Ugo Fix Gentle**. It's designed specifically to allow fitting without disconnecting the system.
- The **Ugo Fix Gentle** can be used for up to 7 days. We recommend that you change your **Ugo Fix Gentle** to suit your personal hygiene needs. Change it sooner if it becomes damaged or soiled.
- The gentle re-adhesive gel pad is hypoallergenic and opaque however it is important that you check your skin regularly to ensure it remains in tact.

- It's important that 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 Gentle**.
- The **Ugo Fix Gentle** can be worn in the shower to support your catheter. Ensure the edges are all fully adhered prior to showering and pat dry the **Ugo Fix Gentle** afterwards.
- You may want to reposition the **Ugo Fix Gentle** through the day and at bedtime. You can wear your **Ugo Fix Gentle** in bed and follow your usual overnight drainage regime as recommended by your nurse or doctor.
- Always makes sure you have a spare, clean **Ugo Fix Gentle**. 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@optimummedical.co.uk](mailto:ugo@optimummedical.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 and you are in discomfort then contact your nurse or doctor immediately.



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 Gentle** please contact:

[ugo@optimummedical.co.uk](mailto:ugo@optimummedical.co.uk)



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

[www.optimummedical.co.uk](http://www.optimummedical.co.uk)

INDEPENDENCE  
NEUROLOGY  
WITH UGO  
CONFIDENCE  
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