A young boy in a yellow sweater and an older man in a brown sweater are smiling together outdoors. The boy is standing behind the man, with his arms around the man's shoulders. The background is a bright, clear sky.

Make Health Easy

SpiritCare **Drainage Bag User Guide**

Part of the SpiritCare Contenance Range

spirit
health

SpiritCare Drainage Bag

Secure | Discreet | Simple

SpiritCare Drainage Bags give you peace of mind. They use high quality materials for security, comfort, and ease. We want to make things easy and private, so you can live without problems.

Putting Your Needs First

Secure	Discreet	Simple
Anti-reflux valve reduces backflow, provides extra security and reduces the risk of infections	Transparent bag to ensure measurements are easy to read	User-friendly slide tap to control urine flow Easy one-handed drainage T-valve tap
Anti-kink drainage tubing helps prevent blockages and accidental leakage	Clear fill level markings	Fill level viewing panel to easily read fill levels
Robust connector for a secure fitting	Discreet and lightweight packaging	Large 2000ml capacity

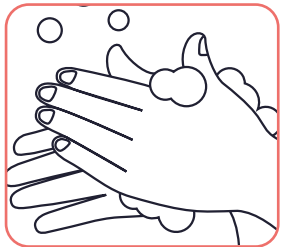
Key Features



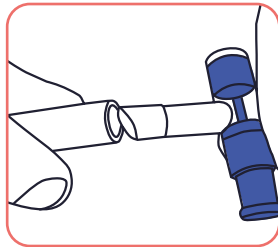
5 Steps To Using Your SpiritCare Drainage Bag

1. Getting started

Always wash your hands before starting and remove protective caps.



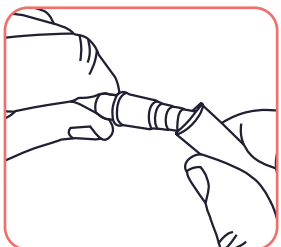
Wash Hands



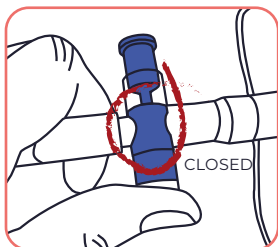
Remove Protective Caps

2. Connecting your bag

Push the ridged connector into the catheter end to create an airtight fit. Turn off the tap on the slide tap and check that the tubing isn't twisted. Twisting it can block urine flow.



Airtight Connection

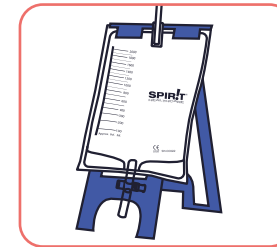


Closed Slide Tap Position

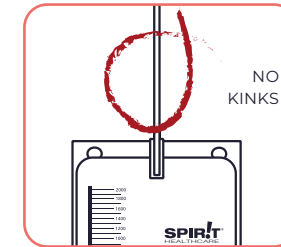
3. Positioning

It is important to place the bag at or below the bladder level to aid drainage. Attach to bed or place on a supporting stand. Do not allow to lie on the floor.

During use, the bag must hang upright to avoid looping and kinks in the tube.



Support Stand

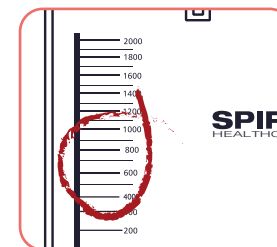


Upright Position

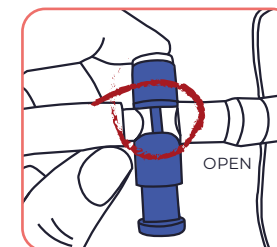
4. Emptying your bag

Check your bag at regular intervals. Using the viewing panel, assess the fill level and empty when two-thirds full.

Wash your hands, open the slide tap and allow urine to drain into the toilet or suitable container. Remember to close the tap after emptying.



Viewing Panel



Open Slide Tap Position

5. Bag disposal

Put used bags into a small disposal bag and place in your household waste bin.

SpiritCare Drainage Bags are single use bags that should be changed daily.



Household Waste

Prescription Order Codes

SpiritCare Drainage Bags are available on prescription using the PIP Code below.

	Product Code	Capacity	Tube Length	PIP Code
Spirit Drainage Bag	SH-CC022	2000ml	120cm	421-3161



Support Groups and Information

Supporting people with bladder and bowel problems

Bladder and Bowel UK - Free National Confidential Helpline

A national confidential helpline, staffed by a team of specialist nurses and a product information adviser. They can give specialist advice on bladder and bowel health issues, as well as signposting to local services.

<https://www.bbuk.org.uk/>

Helpline: 0161 214 4591

Email: bbuk@disabledliving.co.uk

The Bladder & Bowel Foundation (B&BF)

www.bladderandbowelfoundation.org

Tel: 01536 533255

Helpline: Tel: 0845 345 0165

General Enquiries: Tel: 01536 533255

Email: info@bladderandbowelfoundation.org

bladderandbowelfoundation.org

Supporting people with multiple sclerosis

MS-UK

www.ms-uk.org

Free Information and Advice Line:

0800 783 0518

Multiple Sclerosis Trust

<https://mstrust.org.uk/>

Freephone Information Service:

0800 032 3839

Email: info@mstrust.org.uk

Supporting people with motor neurone disease

Motor Neurone Disease Association

www.mndassociation.org

Helpline: 0808 802 6262

Email: mndconnect@mndassociation.org

mndassociation.org

Supporting people who have had a stroke

Stroke Association

www.stroke.org.uk

Helpline: 0303 3033 100*

(Monday – Friday, 9am – 5pm)

Email: helpline@stroke.org.uk

Supporting people with spinal injuries

Spinal Injuries Association

www.spinal.co.uk

SIA Freephone Advice Line:

0800 980 0501

Email: advice@spinal.co.uk

Shine Charity

www.shinecharity.org.uk

Tel: 01733 555988

ASPIRE

www.aspire.org.uk

Tel: 020 8954 5759

Email: info@aspire.org.uk

Back up Trust

www.backuptrust.org.uk

Tel: 020 8875 1805

Email: admin@backuptrust.org.uk

A Helping Hand

Clinical Support

Your healthcare professional is best placed to give you clinical support.

My healthcare professional

Name

Telephone number

Record your healthcare professional contact details here.

Product Details

SpiritCare Product

Product PIP Code

Description

Record your GP prescription product details here.

SpiritCare Product Support

If you have any technical problems with your products, call our 24/7 Customer Services Team on 0800 881 5423

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