

Make Health Easy



SpiritCare **Leg Bag User Guide**

Part of the SpiritCare Contenance Range

spirit
health

SpiritCare Leg Bag

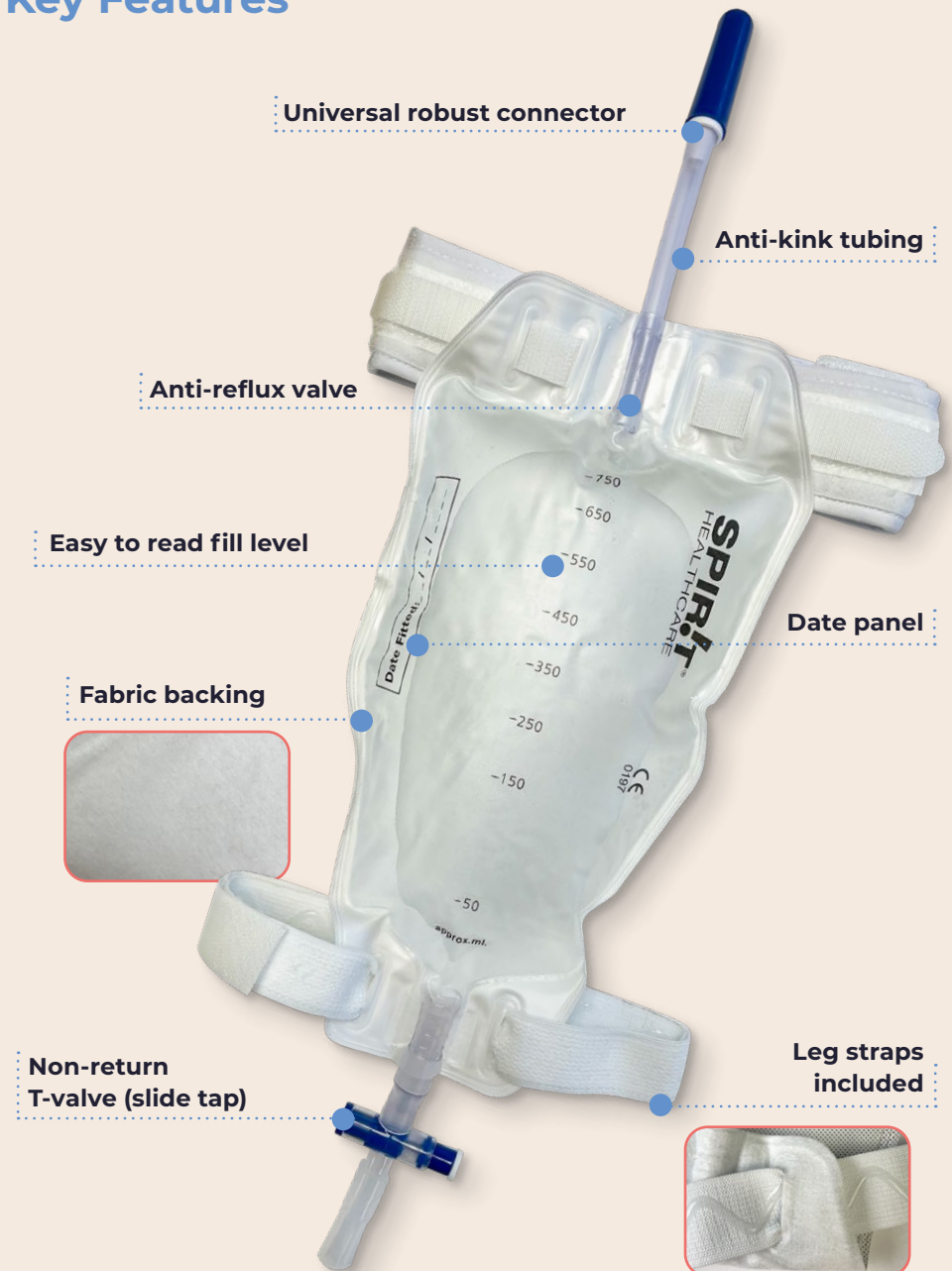
Secure | Discreet | Simple

SpiritCare Leg Bags are designed to provide you with peace of mind. We use high quality materials to promote security, comfort and ease of use. We aim to keep things simple and discreet, giving you the confidence to live your life without complications.

Putting Your Needs First

Secure	Discreet	Simple
Anti-reflux valve reduces backflow, provides extra security and reduces the risk of infections	Contact side of bag has a smooth fabric finish for a more comfortable fit	User-friendly slide tap for easy one-handed drainage
Anti-kink drainage tubing helps prevent blockages and accidental leakage	Leg straps have a soft cotton layer for extra comfort	Easy to read fill level
Robust connector for a secure fitting	Discreet colour design and markings for extra confidence when in use	Available in a choice of sizes

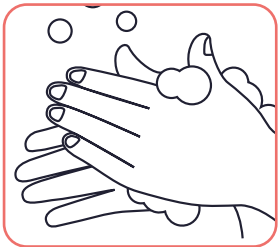
Key Features



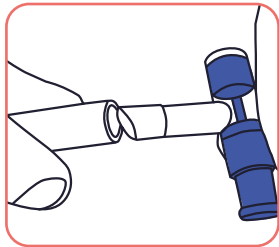
5 Steps To Using Your SpiritCare Leg Bag

1. Getting started

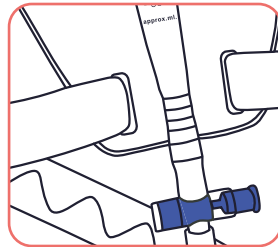
Wash hands before starting. Remove protective caps and feed leg straps through holes on the bag ensuring “wavy” edge is facing the skin.



Wash Hands



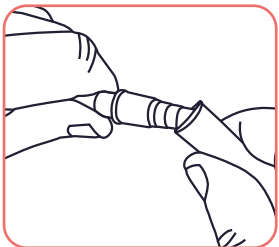
Remove Protective Caps



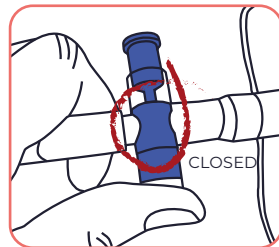
Attach Straps

2. Connecting your bag

Push the ridged connector into the Catheter or Sheath end to create an airtight fit. Put the drainage slide tap in the closed position with no kinks in the tubing, as that can restrict urine flow.



Airtight Connection

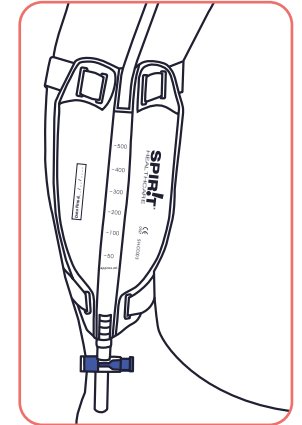
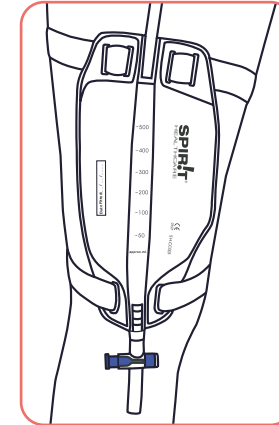


Closed Slide Tap Position

3. Positioning

It is important to use support straps to secure the bag in place and avoid urethral discomfort.

Position the bag below the bladder level. Depending on tube length you can usually place it on the thigh or calf.

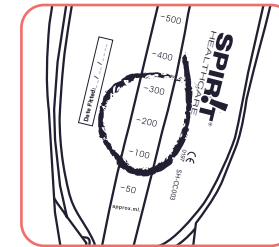


CAUTION: Adjust straps to it, taking care not to over tighten.

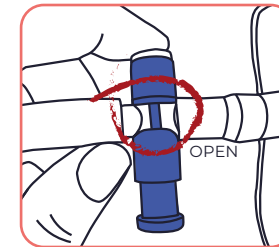
4. Emptying your bag

Monitor 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.

Leg bags should be changed every 7 days.



Household Waste

Prescription Order Codes

SpiritCare Leg Bags are available on prescription using the PIP Codes below.

	Product Code	Capacity	Tube Length	PIP Code
SpiritCare Leg Bag - Short (Pack of 10)	SH-CC001	350ml	10cm	418-9981
	SH-CC003	500ml	10cm	418-9999
	SH-CC005	750ml	10cm	419-0005
SpiritCare Leg Bag - Long (Pack of 10)	SH-CC002	350ml	30cm	419-0047
	SH-CC004	500ml	30cm	419-0054
	SH-CC006	750ml	30cm	419-0062



Support Groups and Information

Bladder and Bowel UK - Free National Confidential Helpline

A national confidential helpline, staffed by a team of specialists. These include nurses and a product information adviser.

They can give you advice, 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@](mailto:info@bladderandbowelfoundation.org)

bladderandbowelfoundation.org

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

Motor Neurone Disease Association

www.mndassociation.org

Helpline: 0808 802 6262

Email: [mndconnect@](mailto:mndconnect@mndassociation.org)

mndassociation.org

Stroke Association

www.stroke.org.uk

Helpline: 0303 3033 100*

(Monday – Friday, 9am – 5pm)

Email: helpline@stroke.org.uk

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

Spirit Family of Companies
Spirit House, Saffron Way
Leicester, LE2 6UP

T: 0116 286 5000
F: 0116 271 9901
www.spirit-health.com

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