



Make Health Easy

**SpiritCare
Incontinence Sheath
User Guide**

Part of the SpiritCare Continence Range

spirit
health

SpiritCare Incontinence Sheath

Secure | Discreet | Simple

SpiritCare Incontinence Sheaths 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
100% silicone with hypoallergenic properties and good breathability	Compact packaging	Transparent to allow for skin condition monitoring
Comfortable skin-friendly acrylic adhesive for added security and ease of application	Clear disposal tray included to protect sheath in transit	Wide range of diameters and sizes available
Anti-kink silicone funnel for a secure connection to drainage devices	Contact adhesive minimises potential leakages	Easy to follow instructions Compatible with all leg bag or drainage bag brands, including SpiritCare

Key Features

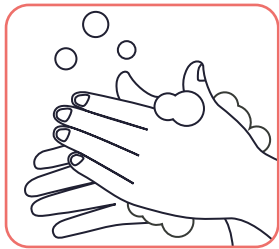


5 Steps To Using Your SpiritCare Incontinence Sheath

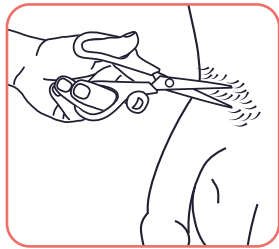
1. Getting started

Note: Your healthcare professional is able to help you select the correct sheath size.

Always wash your hands before starting. Trim pubic hair from the base of the penis to avoid hair sticking to the adhesive and promote a good seal. Do not shave the area as this can cause irritation. Clean the penis head and surrounding area with soap and water. Do not use talcum powder or creams as this will prevent the sheath from sticking to the penis.



Wash Hands



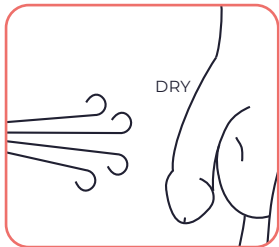
Trim Pubic Hair



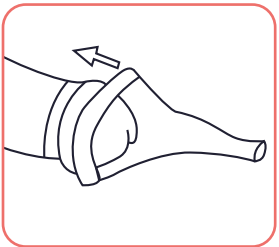
Wash Genital Area

2. Applying the sheath

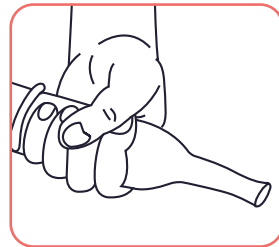
Allow the area to dry before applying the sheath. Remove the unrolled sheath from the packaging and discard the tray. To apply, position over the tip of the penis and slowly unroll along the full length. With your hand, press gently along the penis shaft to create a seal, ensuring no wrinkles for maximum adhesion. The warmth of your hand will help activate the adhesive.



Allow to Dry



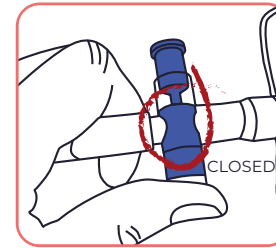
Unroll



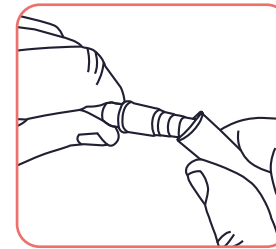
Seal

3. Connection

Before connecting the sheath to your leg bag or drainage bag you must carry out some basic checks. Remove protective caps to expose the ridged connector and make sure the drainage outlet is in the closed position. When the bag is secure and in position, insert the connector of the bag into the sheath funnel. Push firmly to ensure a leak-proof connection. Check there are no kinks in the bag tubing to ensure continuous urine flow.

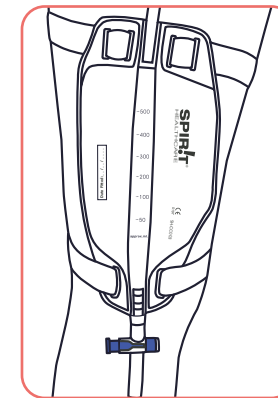


Closed Tap

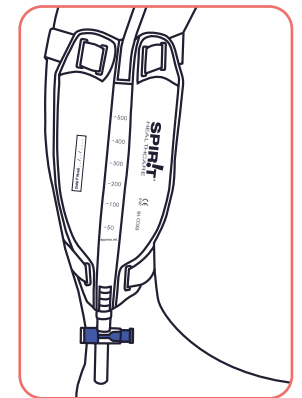


Airtight Connection

Note: It is important to position your leg bags correctly using support straps to avoid urethral discomfort.



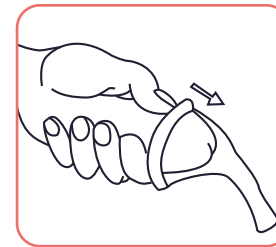
Thigh



Calf

4. Removal

Providing the sheath is intact and the skin appears to be in good condition, the sheath can be worn for up to 24 hours. Use plenty of soap and water to remove the sheath – perhaps when in the shower or bath.



Removal

Appropriate adhesive removers can be used if required.

Ask your healthcare professional for advice on this if removal is difficult.

5. Disposal

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



Household Waste

Prescription Order Codes

SpiritCare Incontinence Sheaths are available on prescription using the PIP Codes below.

	Product Code	Diameter	Size	PIP Code
SpiritCare Incontinence Sheath - Standard	SH-CC007	24mm	Standard	419-0021
	SH-CC008	28mm	Standard	418-9973
	SH-CC009	31mm	Standard	418-9965
	SH-CC010	35mm	Standard	419-0013
	SH-CC011	40mm	Standard	419-0039
SpiritCare Incontinence Sheath - Short	SH-CC012	24mm	Short	419-1045
	SH-CC013	28mm	Short	419-1011
	SH-CC014	31mm	Short	419-1029
	SH-CC015	35mm	Short	419-1037
	SH-CC016	40mm	Short	419-1052
SpiritCare Incontinence Sheath - Wide	SH-CC017	24mm	Wide	419-1144
	SH-CC018	28mm	Wide	419-1136
	SH-CC019	31mm	Wide	419-1128
	SH-CC020	35mm	Wide	419-1102
	SH-CC021	40mm	Wide	419-1110



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 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@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

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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