



# InView™ Silicone Male External Catheter

Sheath Guide

# Important information regarding this booklet

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You should read this guide if you have urinary incontinence and are under the direction of a healthcare professional for urinary continence issues. It has been produced to provide an overview of urinary sheaths, urinary leg bags and associated accessories. It is not designed to replace advice and direction given from your healthcare professional.

If you have questions or concerns these should always be directed to your healthcare professional or continence service in the first instance.

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# Urinary Sheaths – An Overview

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**If you have urinary incontinence, urinary sheaths can provide a good alternative to other devices designed to direct and collect urine e.g. absorbent products (pads).**

Sheaths are sometimes called *condom catheters*, *uridomes* or *external or penile sheaths* and look similar to contraceptive condoms. They fit over the penis and are mostly 'self-adhesive'.



## Important Sheath Features to Consider

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### Skin friendly

Sheaths are usually made from silicone which is compatible with most skin types and can result in less skin irritation. An effective sheath should stay in place, not leak, be comfortable and be easy to apply and remove. It should stay in place for an acceptable length of time (24 hours is a reasonable expectation). It should avoid skin damage and channel urine effectively.

### Size

Sheaths are supplied in a range of lengths and sizes. The key to successful sheath use is appropriate selection and fitting. Sheaths are available in a variety of lengths, designs and diameters. It is important that you are correctly fitted for your sheath. Sheath measuring guides are provided to assist with this.

### Anti-kinking / twisting

Hollister's InView Silicone Male External Catheter sheaths help improve drainage and reduce leakages by reducing kinking and twisting.

### Anti 'blow-off' features – Wide Bore Outlet

Some sheaths help reduce the likelihood of 'blowing off'.

### Leg bags

It is important to use a urine collector (e.g. leg bag) with matching features for your sheath. Your healthcare professional will assist you.

**Always discuss your concerns and questions with your healthcare professional.**

*Some men wear sheaths for certain occasions, such as to play a round of golf or attend social functions. Others will choose to wear one only at night.*

# Hollister InView Sheaths

## Comfort and Confidence

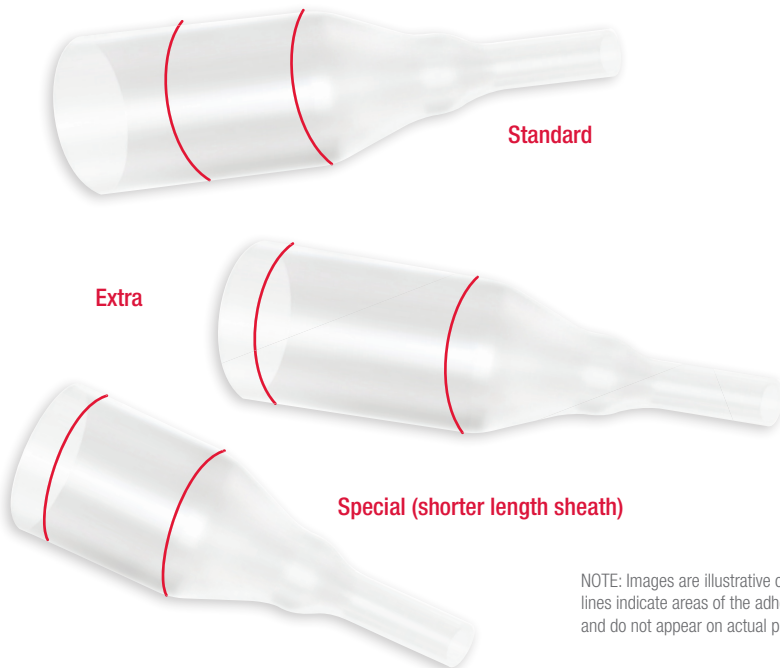
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**The InView Sheath is made of silicone (not made with natural rubber latex) and delivers both comfort and confidence. Combined with Hollister's leg bags and associated accessories, you will be comfortable, confident and well supported every day.**

Engineered of clear, breathable silicone, the InView sheath features three styles to suit a variety of individuals: Special, Standard and Extra. Each has a different sized adhesive band width. Each one of these styles has five colour coded sizes to meet your personal requirements.

- Standard** Regular length and adhesive width for everyday wear
- Extra** 70% more adhesive than the InView Standard sheath for added security
- Special** Shorter sheath length accommodates a wide range of needs

The following image shows the three InView sheaths with the different adhesive band widths to meet your needs. The red lines indicate the width of the adhesive band section on the sheath.



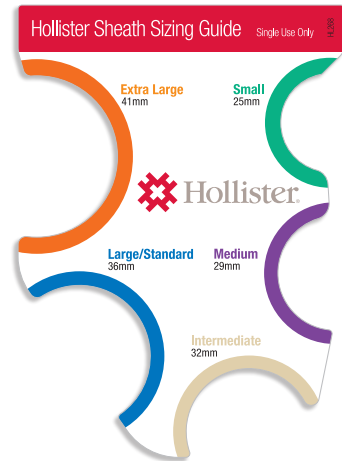
NOTE: Images are illustrative only. Red lines indicate areas of the adhesive band and do not appear on actual product.

# Using Hollister InView Sheaths

## Selecting the proper size

Use of the correct sized sheath will ensure maximum wear time and comfort. Following are some useful tips:

- Use the Hollister Sizing Guide to determine correct size needed. Do not rely on your judgement.
- Place the Hollister sizing guide over the widest part of the penis.
  - In cases of shorter penis length, select the InView Special sheath.
  - When a larger adhesive band is needed, select the InView Extra sheath.
- InView Standard sheaths will meet most needs.








NOTE: This image is for illustrative purposes only. Please contact your healthcare professional for a proper sizing guide.

## Features

- Soft, breathable silicone designed to be non-irritating and comfortable - low chance of irritation.
- Transparent – providing an easy way to check your skin health.
- 24 hour wear time expectation and with the skin friendly adhesive balancing secure fit with easy removal.
- Five sizes in colour-coded packaging for easy identification and selection to help ensure a proper fit.
- A tapered tip helping ensure a secure connection and fit most leg and night drainage bags.
- Not made with natural rubber latex

Each style comes in five different sizes. The packaging is colour-coded for easy identification.

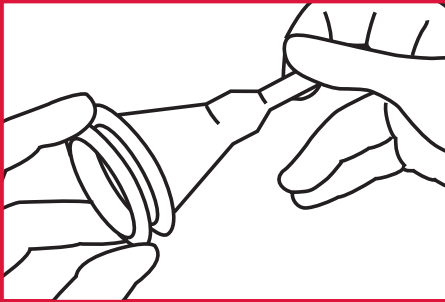
Size	Colour
25 mm	 Green
29 mm	 Purple
32 mm	 Tan
36 mm	 Blue
41 mm	 Orange

# Tips for Use - Hollister InView Sheaths

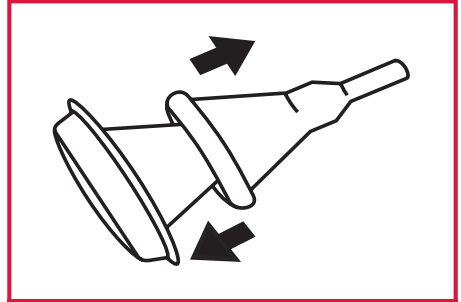
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1. Clean and thoroughly dry the penis. Do not use lotions, powders or ointments on the skin. Trim pubic hair as needed with scissors. Do not shave.
2. Open the packet using the perforated strip at the top edge of the packaging.
3. If using an InView Special or Extra sheath, first remove protective cap from the catheter (Figs. 1 and 2 on right).
4. If uncircumcised, ensure foreskin is forward before applying sheath.
5. Unroll the catheter gently onto the penis. Try to unroll the sheath as evenly as possible along the shaft (Fig. 3).
6. Gently squeeze the applied sheath with your hand to ensure good contact between the adhesive and the skin for about 10 seconds (Fig. 4).
7. Connect to a bedside collector or a leg bag, as preferred. Ensure a good fit between tubing connectors.
  - Position the leg bag to your calf or thigh, ensuring the tubing is not tugging on the sheath.
  - Position the tubing for the leg bag below the level of the bladder.
8. The use of a hand or paper towel with a hole in the centre can be an effective way to control hair while applying the sheath.
9. For easy removal, moisten the skin either in the shower or bath, using warm soapy water. Gently roll the sheath off – reversing the method used to apply (Fig. 5).

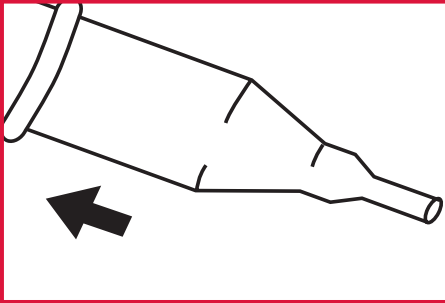
You may use an Adhesive Remover Wipe, to aid removal. Be sure to wipe off any Adhesive Remover Wipe residue prior to your next sheath application.
10. Hollister recommends a sheath wear time of up to 24 hours per sheath. You might find it useful to make changing your sheath part of your regular washing routine.



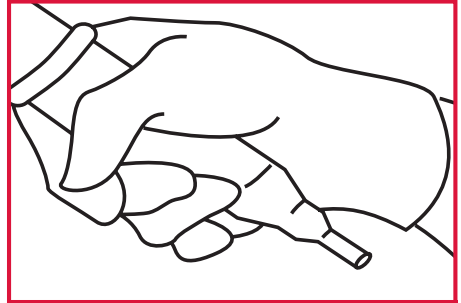
**Fig 1.**



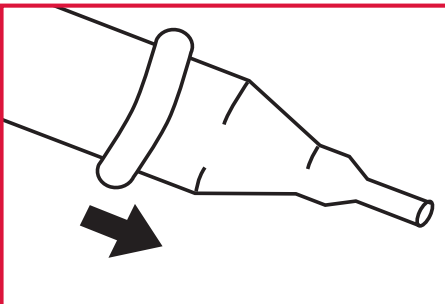
**Fig 2.**



**Fig 3.**



**Fig 4.**



**Fig 5.**

## Frequently Asked Questions

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### **Q: How long should I expect a Hollister InView sheath to stay on for?**

A: A variety of factors such as application technique, individual anatomy and condition of the skin may influence wear time. With proper application, you can expect up to 24 hours wear time.

### **Q: Is sizing important in selecting the right sheath?**

A: Yes. The Hollister sizing guide is available to help with proper size selection. If you are between sizes, select the larger of the two sizes.

### **Q: Is the InView Special sheath only for men with a short shaft?**

A: No. Some users simply prefer a shorter sheath. Some men find a shorter sheath easier to apply.

### **Q: How should I clean the night bag collector or leg bag used with an external sheath?**

**A:** There are several commercially available products to clean urine collection devices. Talk to your healthcare professional for advice.

#### **If you are using Hollister leg bags or night bags:**

1. Remove leg bag daily
2. Empty all urine from leg bag into toilet
3. Close outlet tap, fill leg bag with cold tap water and shake vigorously
4. Empty water through drainage outlet into toilet and repeat steps 3 and 4
5. Refill bag with decontaminant solution and agitate for 30 seconds
6. Open outlet and hang leg bag in shaded place to air dry
7. All parts must be completely dry before the next use
8. Replace bag weekly or at sign of wear and tear.

#### **Decontaminant Solution Preparation, if required**

Option 1: Household detergent solution. Dilute 5 ml detergent in 150 ml of warm tap water.

Option 2: Weak vinegar solution (for odour removal). Dilute 30 ml vinegar in 120 ml of cold tap water.

### **Q: What is the best way to remove the sheath? (See fig. 5 previous page)**

A: Gently roll the sheath off the skin. Use of a warm, wet, soapy washcloth, wrapped around the sheath for approximately 30 seconds may help weaken the adhesive for easier removal in some cases. Adhesive remover wipes, such as Hollister Adhesive Remover Wipes (Product code 7760), may also be helpful.

### **Q: Can external sheaths be used on an uncircumcised penis?**

A: Yes. Apply the sheath with the foreskin in its natural position.



# Hollister Leg Bags

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Hollister has a range of leg bags to suit a variety of needs. These are designed to match the Hollister sheaths in important ways, such as matching the wide bore outlet of the sheaths. Without this match, there is risk of bore size incompatibility which can cause possible leakages.

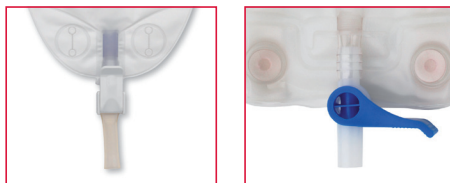
## Designed to be discreet and comfortable

- **Soft fabric backing** – waterproof on the body side and soft against the skin.
- **Anti-reflux valve** – helps prevent the risk of urinary tract infections.
- **Wide bore flexible tubing** – allows for quick and easy drainage preventing back flow of urine and possible leaks.

## Designed for reassurance

- **Lever tap on bags** – simple, safe, effective. Easy to use even for people with reduced hand movement. The tap also has a reassuring ‘click’ sound when closed.
- Hollister leg bags maintain a low profile as they rest discreetly against the leg.

The InView sheaths and leg bags are part of a complete bladder management system from Hollister – catheters, leg bags, tubing, and straps. Contact your local healthcare professional or continence product supplier for product information and advice.



Hollister lever taps



## Leg Bag Features

- **Anti-Reflux Valve** - The one-way integrated anti-reflux valve prevents back flow of urine and reduces urine leakage and possible urinary tract infections.
- **Adjustable Connecting Tubing** - Choice of 10 cm or 50 cm (cut to fit) tubing. Enables tubing length to be customised to accommodate individual preferences and needs.
- **Stepped Connector ('Christmas Tree' Adaptor)** - Allows for easy connection and removal of tubing.
- **Drain Valve/Tap** - The positive action lever tap, situated at the base of the drainage bag, enables urine to be drained out of the

bag. It is also easy to know when the tap is open or closed as it has a reassuring "click" sound when fully closed.

- **Non-Woven Cloth** - soft backing provides increased comfort. Particularly useful for hot humid conditions.
- **Calibration Markings** - Allow for volume estimates in the collector.



## Extended Wear™ Leg Bag Systems

The Hollister Extended Wear range offers users a convenient option for use with indwelling / suprapubic catheters or sheaths:

- **Cost effective**
- **Easy to use flip-tap, especially for people with limited dexterity**
- **Easy to apply, washable "button on" straps**
- Made from a soft, durable polyvinyl material for extended wear time and comfort
- Able to wear sideways for reduced profile ie under shorts
- Anti-reflux valve prevents back flow into tubing
- 50 cm cut to fit tubing provided for easy fitting convenience
- Available in discreet 550 ml or 900 ml capacities



# Accessories

## Leg Bag Holsters

A comfortable and secure alternative to leg straps.

- **Long lasting** and durable
- **Comfortable** and **secure**
- Can be **worn on calf or thigh**
- **Washable** to allow for hygienic re-use
- **Available in 3 sizes** - each size colour coded for easy identification



## Leg Bag Holster

Stock Code	Colour	Size	Stretch Potential	Box QTY
9612	Yellow	Small	26-36 cm*	4
9613	Blue	Medium	36-48 cm*	4
9614	Black	Large	48-62 cm*	4



Drainage bag held in place by a holster

## Deluxe Urinary Leg Bag Straps

- **Long lasting** and durable
- **Easy to attach**, fits most brands of leg bags
- **Non-slip**, preventing skin damage due to slippage
- **Machine Washable** to allow for hygienic re-use
- Not made with natural rubber latex



\*\*Deluxe Urinary Leg Bag Straps not available in NZ.

## Deluxe Urinary Leg Bag Straps\*\*

Stock Code	Size	Stretch Potential	Box QTY
9663	Extra small	24-31 cm*	1 Pair
9660	Small	25-46 cm*	1 Pair
9661	Medium	43-58 cm*	1 Pair
9662	Large	53-79 cm*	1 Pair

\* Estimate only.

*Deluxe Urinary Leg Bag Straps are more comfortable and secure than standard leg bag straps.*

Prior to use, be sure to read the Instructions for Use for information regarding Intended Use, Contraindications, Warnings, Precautions, and Instructions.

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