

Fitting a Urosheath

A full clinical assessment should be carried out by a Registered General Nurse with knowledge of suitable anatomy, sizing and fitting, skin preparation and application of a urosheath. This type of containment should only be considered once intractable incontinence has been diagnosed and social containment is the only option, or for men who are continent with impaired mobility who are unable to get to the toilet without assistance.

Assessment should give consideration to: -

- Manual dexterity of patient/client or carer
- Motivation and willingness to use a urosheath
- The right product for clinical need

When not to use a urosheath

- If the individual has anatomy that would not be suitable, e.g. a retracted penis (if unsure, contact SPHERE for advice)
- Skin irritation: redness or soreness
- Known allergy to the product
- **Urinary retention:** the urosheath simply collects urine and does not enter the urethra or bladder, so is not suitable for patients/clients who have difficulty passing urine

As urosheaths are non-invasive, a suitably competent person can fit them. This might include the patient himself, a carer or healthcare support worker.

If a urosheath is considered suitable, the following provides some top tips on successful fitting: -

- **Ensure measurement for the urosheath is carried out correctly**
 - Measure mid shaft of flaccid penis.
 - There are measuring guides available from the manufacturers in the form of scooped cards – fit the penis into the scoop to determine the most snug fit – this is the correct size.
 - Some manufacturers provide tapes to use for measurement – again the tape should fit snugly around the penis to obtain the correct size.
 - Alternatively, use a disposable tape measure to measure the **circumference** of the mid shaft of the penis in millimetres and convert this to the **diameter** by multiplying the circumference by 3.14.
 - Determine suitable length of urosheath
 - thumb length penis = short length urosheath
 - finger length penis = longer length uro-sheath

- **Skin preparation**

- Wash the skin of the penis with a non-moisturising soap or shower gel
- Make sure the skin is thoroughly dried before applying urosheath

DO NOT:

- **Use talcum powder**
- **Use moisturising soap**
- **Use creams**
- **Use any other fixation aid that is not part of the urosheath**

- **Fitting the urosheath**

- If you are fitting the urosheath for the patient/client you should wash your hands and wear gloves, if the patient/client is fitting it for himself there is no need for him to wear gloves, but his hands should be washed prior to the procedure
- Make sure all pubic hair is away from the base of the penis, to avoid getting it caught in the urosheath, trimming it if necessary – **DO NOT SHAVE PUBIC HAIR**
- Roll the sheath onto flaccid penis, placing the larger, open end over the end of the penis, ensuring the foreskin is kept forward (unless circumcised)
- **LEAVE A GAP AT THE BULBOUS END OF THE UROSHEATH TO PREVENT BACKFLOW**
- Unroll the urosheath to its full length along the penile shaft
- Use the heat of the individual's/carer's or your hand to hold around the uro-sheath for 10 seconds to activate the adhesive
- For daytime use connect leg bag and secure the tubing with a G strap (or similar) to the thigh and secure the catheter bag with calf straps
- If using day and night, attach night bag onto leg bag for overnight use and take off the calf strap
- If only using overnight a leg bag is not needed. Connect the night bag directly onto the uro-sheath, securing the tubing to the thigh with a G strap or similar. Where possible a night bag stand should be used to avoid the bag lying on the floor

- **Removing the urosheath**

- The urosheath should be changed every 24 hours
- Remove in the shower or bath if possible. This will help to dissolve the urosheath adhesive and ease removal
- Once adhesive has loosened, gently roll off the penis and wash the penis thoroughly
- Leave 10-15 minutes before applying new urosheath – if this is not possible dry well with, for example, kitchen roll
- The leg bag should be changed every 7 days and night bags should be emptied and disposed of each morning