

## A guide for patients about caring for your sheath

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**Please note this guide should be used in conjunction with the manufacturer's fitting instructions.**

### What is a sheath?

A sheath is like a condom with a port to which you can attach a urinary drainage bag. It fits over the penis, allowing the urine to drain away from the body and into the collection bag. It is an alternative to wearing a pad or being fitted with a catheter and gives the wearer greater freedom to go out without the concern of having an accident. As it is an external device it also reduces the risk of infections.

### Care of your sheath

You will need to be measured using a specifically designed guide. Use the guide specific to the brand of sheath you are trying. As there is a range of sheaths available on prescription, you may prefer to try various samples before making a decision on what feels most comfortable. If you find that you are having problems with your sheath you may need additional aids such as wipes or tapes (see troubleshooting guide) or perhaps a different type of sheath would suit you better. Sheaths and bags should be stored in their original packaging in a dry place away from direct heat or sunlight.

### Application

To help you obtain the best use from your sheath we suggest the following guidelines:

- If required, trim any excess hair from the penis with scissors (shaving can cause irritation) or use hair guard.
- Wash the penis and scrotum with non-moisturising soap and water.
- Check for signs of soreness.
- Rinse thoroughly with clean water.
- Pat the penis and scrotum dry with a towel (do not rub).
- Remove the remaining moisture with a tissue, and ensure the foreskin is returned to a natural position.
- Never apply cream or talc to the penis prior to fitting as this will prevent the adhesive from working.
- Apply the skin wipe and allow to dry (if applicable).
- Apply the additional fixation tape (if applicable) following the manufacturer's instructions.
- Apply the sheath following the manufacturer's instructions.
- Firm the sheath by squeezing the penis with your hand. This activates the adhesive to obtain a good seal, and prevent leakage.

**If the application goes wrong discard the sheath and start again.**

### Removal

The sheath should be changed every 24 hours, or in accordance with the manufacturer's instructions.

We suggest the following advice for the removal of the sheath:

- Roll the sheath back towards the tip of the penis. If it seems stuck try moistening the area with soapy water. This will deactivate the adhesive and allow easy removal of the sheath.
- If it is a clear sheath, soap can be applied over the surface to break down the glue.
- Allow several minutes before trying to remove or try an adhesive remover.
- Double bag and dispose of the used sheath in your domestic waste.

## Urinary drainage bags (please refer to manufacturer's guidelines)

- The leg bag can be attached by straps or placed in a leg holster.
- Empty the leg bag when it is about three quarters full.
- At bed time connect the leg bag to the larger night bag. Make sure the tap is open between the two. Please keep the plastic top (anti dust cap) that you removed before plugging in the night bag so that you can replace it in the morning (unless you are in a multi-occupancy environment where the bag must always be disposed of).
- Place the night bag onto the stand which is available via the home delivery company. Do not leave the bag on the floor.
- In the morning remove the night bag from the leg bag. Remember to first close the tap on the leg bag.
- After emptying the night bag into the toilet rinse it through with cold water. Leave it on the bag stand to dry with the plastic top on the end of the drainage tube.
- Change both bags for new ones once a week (unless they are single use bags). Dispose of the bags after emptying of urine by wrapping in newspaper or plastic, place in a plastic bag and put them in the dustbin (not to be recycled).

Further supplies of your sheaths and bags are available from your GP or nurse on prescription.

## Troubleshooting guide

- **Sore skin**  
Seek medical advice if necessary. Allow the soreness to resolve as appropriate, try an alternative sheath (re-measure for sizing first), consider barrier cream or uirifix equivalent.
- **Perspiration**  
Change from latex if used to all silicone.
- **Leaking**  
Check the size, fitting and length of sheath and activation of adhesive.
- **Wrong size**  
Re-measure if it is too tight or loose.

## Useful contacts

### Bladder and Bowel Community

**General enquiries:** 01926 357220

**Email:** [help@bladderandbowel.org](mailto:help@bladderandbowel.org)

**Medical Helpline:** 0800 031 5412

## Contact us

For more information or advice please contact the number below. If you need help outside these times, call your GP.

**Phone:** 0300 790 0310

**Email:** [kentchft.continence@nhs.net](mailto:kentchft.continence@nhs.net)

### Write to us:

The Kent Continence Team, Exchange House, Thomas Way, Hersden, Canterbury, Kent CT3 4NH

## Do you have feedback about our health services?

**Phone:** 0300 123 1807

8am to 5pm, Monday to Friday

**Text:** 07899 903499

**Email:** [kentchft.PALS@nhs.net](mailto:kentchft.PALS@nhs.net)

**Web:** [www.kentcht.nhs.uk/PALS](http://www.kentcht.nhs.uk/PALS)

### Patient Advice and Liaison Service (PALS)

Kent Community Health NHS Foundation Trust

Unit J, Concept Court

Shearway Business Park

Folkestone

Kent CT19 4RG

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