

HOW TO CARE FOR YOUR UGO CATHETER VALVE

- Always wash and dry your hands before and after handling your **Ugo Catheter Valve**. If someone else is handling your valve they **MUST** wash and dry their hands and apply a clean pair of gloves on every occasion to avoid cross infection.
- You should only disconnect your **Ugo Catheter Valve** from your catheter when you need to change it. Disconnecting the system unnecessarily increases your risk of introducing infection.
- Change your **Ugo Catheter Valve** every 7 days. Only change it sooner if it is damaged or soiled.
- You can still bathe and shower whilst wearing your valve.
- When emptying and changing your **Ugo Catheter Valve**, it is important that you do not touch the ends of the catheter or the valve as this increases your risk of introducing infection.
- Your valve is supplied sterile. It is important that it is only connected once then discarded and no attempt is made to re-sterilise or re-use the valve.

- If the valve packaging is broken, do not use the valve as it will no longer be sterile.
- It's important that you do not allow your catheter to hang down as this will cause discomfort and may cause trauma to your bladder or urethra. There are a range of supportive devices available which your nurse can advise you on including the **Ugo Fix Catheter Strap** and **Ugo Fix Gentle**.
- Always make sure you have a spare **Ugo Catheter Valve**. For further supplies please contact your nurse or doctor. Please refer to ordering information contained in this booklet.
- If you are concerned that your catheter is not draining urine and you are in discomfort then contact your doctor or nurse immediately.

Alternatively you can email: ugo@optimummedical.co.uk or call: **+44 (0)845 643 5479** for more information about how to order.

WARNING:
KEEP OUT OF REACH OF CHILDREN

scan to watch
how to use...



YOUR CALENDAR

Change your **Ugo Catheter Valve** every 7 days.
Only change it sooner if damaged or contaminated.

January							February							March						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29							29	30	31				

April							May							June						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30						29	30	31					29	30					

July							August							September						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30	31					29	30					

October							November							December						
1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
8	9	10	11	12	13	14	8	9	10	11	12	13	14	8	9	10	11	12	13	14
15	16	17	18	19	20	21	15	16	17	18	19	20	21	15	16	17	18	19	20	21
22	23	24	25	26	27	28	22	23	24	25	26	27	28	22	23	24	25	26	27	28
29	30	31					29	30						29	30	31				

Use the calendar to keep track of when you need to change your **Ugo Catheter Valve**.

ORDERING INFORMATION

To order the **Ugo Catheter Valve** please speak to your nurse or doctor and refer to the information below.

Alternatively you can call **+44(0)845 643 5479** or email ugo@optimummedical.co.uk for more information about how to order.

OM Code	PIP Code	NHS Code	Product Description	Inner Box
3000	388-2388	FSS1067	Ugo Catheter Valve	Box of 5



To find out more about the **Ugo Catheter Valve** please contact: ugo@optimummedical.co.uk

Find out more about all **Ugo Urology** products here:
www.ugourology.co.uk

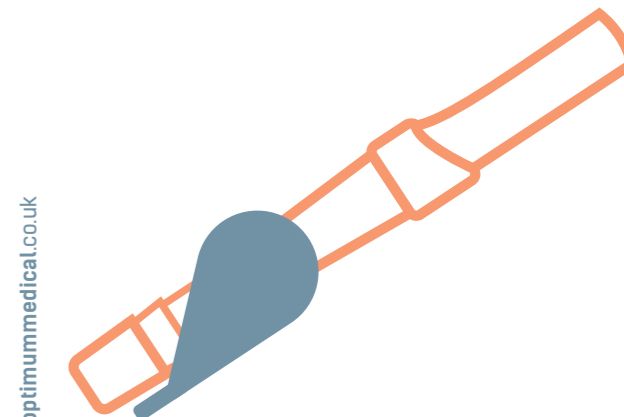


optimummedical®

Tennant Hall, Blenheim Grove,
Leeds, West Yorkshire, LS2 9ET.
T: +44(0) 845 643 5479
F: +44(0) 114 238 3826
enquiries@optimummedical.co.uk



Designed to be used with either
an indwelling urethral or
suprapubic catheter



www.optimummedical.co.uk

USER GUIDE

INTRODUCTION

For those who need to have a catheter fitted, we understand the big issue is confidence – the confidence to do all the things you're used to doing. As specialists in urology products, we've spent a lot of time listening to you, and developing products that offer performance, comfort and instil that all-important confidence.

The **Ugo Catheter Valve** is a medical device designed to be used with an indwelling urethral or suprapubic catheter. It is suitable for men and women and is easy to use, discreet and comfortable to wear. The **Ugo Catheter Valve** has been designed in detail for safety and security, giving you the confidence you need to carry on living an independent life.

The **Ugo Catheter Valve** has been prescribed for you by a health care professional following a bladder and catheter assessment. It is important that you use the valve as instructed by your doctor or nurse as part of your ongoing catheter management plan.

Only use the **Ugo Catheter Valve** if you (or your carer) have the ability to operate it at regular intervals and can remember to do so.

This booklet will inform you about the benefits of using the **Ugo Catheter Valve** and also includes detailed instructions as to how the catheter valve can be used and cared for.



BENEFITS OF USING A UGO CATHETER VALVE

We have designed the **Ugo Catheter Valve** with several patient focused benefits to ensure that you feel comfortable and confident.

The valve is easy to operate with a safety lever feature preventing accidental opening. The no leakage design ensures your security and peace of mind.

The **Ugo Catheter Valve** is a discreet alternative to urine drainage bags. However unlike bags it enables intermittent bladder filling and drainage, therefore maintaining normal bladder function.

Evidence from valve studies show that most people prefer to use a valve as it improves privacy and dignity for catheter users.

Using a valve MAY also reduce your risk of catheter related infection, catheter blockage and catheter related trauma.

CONTRAINDICATIONS OF USING A UGO CATHETER VALVE

The **Ugo Catheter Valve** may not be suitable for individuals who

- Are unable to operate the valve
- Are unable to remember to operate the valve
- Have a small bladder capacity
- Have reduced bladder sensation
- Have renal impairment or ureteric reflux
- Have uncontrolled overactive bladder

HOW TO USE YOUR UGO CATHETER VALVE

HOW TO DRAIN YOUR BLADDER USING YOUR UGO CATHETER VALVE

It is important that you ask your doctor or nurse how frequently you need to drain your bladder using the valve.

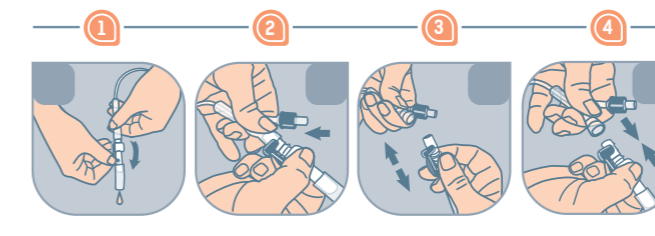
- 1 Wash and dry your hands
- 2 Hold the **Ugo Catheter Valve** over a toilet or suitable receptacle
- 3 Open the valve by pushing the lever tap fully into the downward position (you may feel some mild tension in the lever, this is normal - it is the safety feature working to prevent accidental opening)
- 4 Allow the valve to drain the bladder completely (the flow may be slow – this is due to the narrow lumen inside the catheter)
- 5 Once urine has stopped draining, close the valve by lifting the lever tap fully into the upright position
- 6 Dry the end of the valve with a clean wipe if necessary
- 7 Wash and dry your hands



HOW TO CHANGE YOUR UGO CATHETER VALVE

Change your valve every 7 days*. Only change it sooner if damaged or soiled

- 1 Wash and dry your hands
- 2 Drain your bladder using the old valve which is in place**
- 3 Pinch off the funnel end of the catheter using your thumb and forefinger just below where the end of the old valve is inside the catheter
- 4 Remove the old valve (4a) and immediately attach (4b) the new sterile valve (the valve is supplied in closed position).
- 5 Dispose of the old valve as recommended by your nurse
- 6 Wash and dry your hands



Important Information

* Use 'Your Calendar' in this user guide to keep track of when to change your valve.

** When emptying and changing your **Ugo Catheter Valve**, it is important that you do not touch the ends of the catheter or the valve as this increases your risk of introducing infection.



BEDTIME – ATTACHING A NIGHT BAG

If you use a drainage bag overnight then this can be connected to the soft silicone outlet tube on the end of your **Ugo Catheter Valve**.

- 1 Wash and dry your hands
- 2 Insert the stepped connector end of the **Ugo 2L Drainage Bag** into the soft silicone outlet tube on the **Ugo Catheter Valve**
- 3 Check the connection seal is adequate and attach the bag to a stand
- 4 Open the valve and this will allow immediate continuous drainage
- 5 Wash and dry your hands



MORNING – REMOVING A NIGHT BAG

- 1 Wash and dry your hands
- 2 Close the valve
- 3 Disconnect the **Ugo 2L Drainage Bag** from the soft silicone tubing on the **Ugo Catheter Valve**
- 4 Empty the urine from the drainage bag into the toilet and dispose of the bag as recommended by your nurse
- 5 Wash and dry your hands