Choosing and using your silicone self-adhesive sheath

Health care professionals and carers

There is a technique you can use to wear gloves whilst fitting Rochester Medical sheaths. Firstly, you must ensure that the gloves are a good, tight fit. Then unroll a Style 1 sheath one turn to expose the adhesive (Style 2 and Style 3 sheaths have the adhesive already exposed). Carefully pull your fingers away from the exposed ring of adhesive and apply the sheath to the penis.

Once the sheath is firmly stuck, lift the end of the penis by pulling gently on the sheath and use quick, flicking movements with your fingers to unroll the sheath, making sure your fingers always travel down the shaft of the penis. Don’t pull your fingers out sideways, or back up the penis, it will cause the sheath to stretch and wrinkle.

Silicone, the environmental choice

Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone. Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, because they don’t contain any harmful chemicals. Because they don’t contain any, they are safe, secure and comfortable.

Silicones offer huge advantages over petroleum based, plastic materials. Thanks to their flexible backbone they can be shaped and their properties enhanced or changed to suit a wide range of useful applications. Silicones don’t harden over time or react with other materials, they don’t support bacterial growth and they don’t irritate the body. Neither do they generate unwelcome by-products or trigger allergic reactions. Many familiar, everyday items are made from silicones, from the seals around window frames and bathrooms, to the soft covers for mobile phones.

Medical grade silicone is the ideal material for sheaths. It is soft and flexible to conform to the shape of your penis and you can keep an eye on the condition of your skin through the clear sheath. Water vapour from your skin passes readily through the silicone membrane to the atmosphere, helping to keep your sheath securely in place and your skin in good condition.

Welcome to prescription service

You can have your prescription dispensed by Script-easy, the Rochester Medical confidential dispensing service, or you can take it to your chemist. Script-easy offers you a discreet and convenient way to obtain supplies quickly and easily at no additional cost to either you or your GP. Just call the freephone number 0800 0121699 and the Script-easy adviser will obtain your prescription from the GP on your behalf and send out your supplies without delay.

Choosing and using your silicone self-adhesive sheath

<table>
<thead>
<tr>
<th>Brand Style Size Pack Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear Advantage Spirit</td>
</tr>
<tr>
<td>Style 1 24mm 30 5243</td>
</tr>
<tr>
<td>Style 1 28mm 30 5283</td>
</tr>
<tr>
<td>Style 1 32mm 30 5323</td>
</tr>
<tr>
<td>Style 1 36mm 30 5363</td>
</tr>
<tr>
<td>Style 1 40mm 30 5403</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
</tr>
<tr>
<td>Style 2 24mm 30 7243</td>
</tr>
<tr>
<td>Style 2 28mm 30 7283</td>
</tr>
<tr>
<td>Style 2 32mm 30 7323</td>
</tr>
<tr>
<td>Style 2 36mm 30 7363</td>
</tr>
<tr>
<td>Style 2 40mm 30 7403</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
</tr>
<tr>
<td>Style 3 24mm 30 9243</td>
</tr>
<tr>
<td>Style 3 28mm 30 9283</td>
</tr>
<tr>
<td>Style 3 32mm 30 9323</td>
</tr>
<tr>
<td>Style 3 36mm 30 9363</td>
</tr>
<tr>
<td>Style 3 40mm 30 9403</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
</tr>
<tr>
<td>Style 1 24mm 30 1243</td>
</tr>
<tr>
<td>Style 1 28mm 30 1283</td>
</tr>
<tr>
<td>Style 1 32mm 30 1323</td>
</tr>
<tr>
<td>Style 1 36mm 30 1363</td>
</tr>
<tr>
<td>Style 1 40mm 30 1403</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
</tr>
<tr>
<td>Style 2 24mm 30 2243</td>
</tr>
<tr>
<td>Style 2 28mm 30 2283</td>
</tr>
<tr>
<td>Style 2 32mm 30 2323</td>
</tr>
<tr>
<td>Style 2 36mm 30 2363</td>
</tr>
<tr>
<td>Style 2 40mm 30 2403</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
</tr>
<tr>
<td>Style 3 24mm 30 3243</td>
</tr>
<tr>
<td>Style 3 28mm 30 3283</td>
</tr>
<tr>
<td>Style 3 32mm 30 3323</td>
</tr>
<tr>
<td>Style 3 36mm 30 3363</td>
</tr>
<tr>
<td>Style 3 40mm 30 3403</td>
</tr>
</tbody>
</table>

All Rochester Medical Clear Advantage sheaths are available on FP10 prescription.

Rochester Medical Ltd, 5 Commerce Way, Lancing Business Park, Lancing, West Sussex, BN15 8TA
Tel: 01903 875055 www.rochestermedical.co.uk
Choosing your Clear Advantage sheath with confidence

Silicone sheaths easy to fit and remove

Sizing

Gently place the cut-outs of the measuring wheel over the widest part of your penis (while flaccid). The cut-out that fits snugly over an indentation where the sheath would be appropriate for try.

Wash your penis

For the sheath to stick effectively your skin must be clean and completely dry. Wash your penis with a mild soap and rinse well. Do NOT USE A MOISTURISING OR LIQUID SOAP. If you have had a bath or shower you should wait 5-10 minutes to ensure that your penis is completely dry. You can wash a sheet of kitchen roll not your penis to absorb any residual moisture.

Style 1

Standard length sheath with the adhesive positioned centrally. Style 1 sheaths are suitable for men with a good length of penis who are particularly active or have difficulty in keeping other sheaths in place.

Visualise in Clear Advantage, Clear Advantage Spirit & Clear Advantage with Aloe

Style 2

Standard length sheath with the adhesive positioned towards the tip. Style 2 sheaths fit all types of penises and are particularly suitable if the penis is retractable.

Visualise in Clear Advantage Spirit & Clear Advantage with Aloe

Style 3

Standard length sheath with additional adhesive. Style 3 sheaths provide very secure adhesion particularly for men with a good length of penis who are very active or have difficulty in keeping other sheaths in place.

Visualise in Clear Advantage, Clear Advantage Spirit & Clear Advantage with Aloe

Fitting the sheath

• If you haven’t been circumcised, ensure your foreskin is forward in its natural position covering the glans.

• If you are using a Style 1 sheath, unroll the sheath just one turn to expose the adhesive. (This is not necessary with Style 2 and Style 3 sheaths – just squeeze the funnel of the sheath away from the white protective, plastic insert.

Squeeze the funnel between your thumb and forefinger at the end of the outer pouch of the sheath. (Squeezing the funnel helps to create a space at the tip of your penis that is in proportion to your penis. Gently press the sheath against your skin and use one or two more turns to stick it to your penis.

• Carefully lift up the end of your penis by gently pulling on the sheath, whilst holding the sheath with your other hand a little to the side, using a stroking motion with fingers and thumb to avoid sticking your fingers to the sheath.

• The correct size of sheath should have a small amount of the sheath hanging over the end of your penis. (If the sheath is too large you will notice wrinkles running the length of your penis and this may lead to leakage, wrinkles running the length of your penis and this may lead to leakage.

Warming up

Check that the sheath is satisfactorily centred on your penis. The warmth from your hand will improve the adhesive bond to your skin. Wear the sheath for a minimum of 10 minutes to ensure that the adhesive is not significantly reduced if the sheath is not properly bonded to your skin.

Wear time and removal

Wear time will vary from person to person. The sheath can last for 24 hours. It is recommended that you change the sheath on a daily basis for hygienic reasons.

To remove your sheath, use a warm, soapy, flannel and gently pull off the sheath. If this is difficult or painful you can use a medical adhesive remover.

Always check your skin between applications to ensure there are no tears, sores or redness of your penis skin before applying a new sheath.

Connecting to your sheath to a collection bag

Connecting to a leg bag

Check that your sheath’s capacity is adequate for your needs. They normally come in sizes up to 750ml, but there are larger versions available at you localisation or customer service adviser for information.

With your sheath in place on your penis, use the sheath to pull the leg bag down your leg, using the strap to secure it to your leg. Try to avoid twisting the connector whilst pulling it up the leg. This can distort the adhesion and cause leaks off the sheath. Your health care professional may advise the use of an anti-reflux device to stop the tubing from leaking to your leg.

Always empty your leg bag before it becomes fuller than 24 hours. If you push on the end of the sheath, change the bag every 5-7 days according to the manufacturer’s instructions.

Frequently asked questions

Q. What should I do if my skin is sore when I remove the sheath?

A. If your skin becomes sore it is best to leave the sheath on for 24-48 hours to aid the healing process.

Q. Do I need to wear a pad as well as a sheath?

A. If the sheath is fitted correctly you shouldn’t need to wear a pad, unless you have ongoing issues with your bladder. Otherwise a small pad can cause a sheath to fail as it may cut across the funnel, worsening adhesion.

Connecting to an overnight bag

To save you from having to empty your leg bag you can use a single use (reusable) overnight drainage bag to the sheets. Receive tube on the leg bag kit (be sure to open the big leg bag overnight, otherwise it will grow small).

An alternative is to remove your leg bag several hours prior to going to sleep and to empty it directly to your bag. Follow the instructions that come with the night drainage bag.

When you want to clean a reusable bag, just empty the urine into the toilet using the tip at the bottom of the bag. Then close the tip and run water into the bag through the inlet tube. Flush the water through the bag and empty into the loo. Single-use bags are best emptied before disposal with the household rubbish.

Q. What should I do if my skin is too full, so that it doesn’t pull on the end of the sheath?

A. Do empty your leg bag before it becomes fuller than 24 hours. If you push on the end of the sheath, change the bag every 5-7 days according to the manufacturer’s instructions.

Q. Can I apply creams and talc if I am using a sheath?

A. Creams and talc will affect the adhesion of the sheath, possibly resulting in the sheath coming off or leaking. If you need to apply creams or a gel in the area, do this after you have fitted the sheath.

Q. Do I need to wear a pad as well as a sheath?

A. No. When wearing a sheath you must not wear a pad. However, if you need to wear a pad, it should not be packed in the sheath to avoid causing a blockage.

Rochester Medical makes three Clear Advantage sheaths giving you the choice to select the most comfortable and secure option to suit you and your skin.

Clear Advantage

has a hydrocolloid adhesive that gently contours to the skin surface and promotes evaporative transpiration through the silicone helping to keep skin friction and maintain sheath adhesion.

Clear Advantage with Aloe

is made with a thinner silicone in the sheath area and the adhesive contains aloe vera. The thinner silicone will conform to the contours of your skin and the adhesive level is similar to the original Clear Advantage.

Clear Advantage with Aloe

is similar to the original Clear Advantage.

Spirit

is made with slightly thicker silicone in the sheath and the adhesive contains aloe vera. The original, silicone, self-adhesive sheath, made with slightly thicker silicone in the sheath area.
Rochester Medical makes three Clear Advantage sheaths giving you the choice to select the most comfortable and secure option to suit you and your skin.

Clear Advantage Spirit

has an hydrocolloid adhesive that gently controls moisture on the skin surface and promotes healing. It is similar to the original Clear Advantage.

Clear Advantage with Aloe

is made with a thinner silicone in the sheath area and the adhesive contains aloe vera. This is particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Warming up

With the sheath fully unrolled onto your penis, hold it in place with your hand. The warmth from your hand will improve the adhesive bond to your skin. Wear time can be significantly reduced if the adhesive is not applied repeatedly to your skin.

Wear time and removed

Your sheath will vary from person to person, so your wear time can last for 24 hours. It is recommended that you change the sheath on a daily basis for hygiene reasons.

To remove your sheath, use a warm, soapy funnel and gently pull off the sheath. If this is difficult or painful you can use a medical adhesive remover.

Always check your skin between applications to ensure there are no areas sore and wash your penis properly before applying a new sheath.

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.

Silicone sheaths easy to fit and remove

Clear Advantage sheaths in place.

particularly active or have difficulty in keeping other sheaths – just squeeze the sheath funnel between your fingers and thumb and unroll one or two more turns to stick it to your penis. Gently press the sheath against your skin with your other hand a little at a time, using a brushing motion with fingers rather than pushing your penis into the sheath as this can cause irritation. The correct size of sheath should have a squish fit in your foreskin and there should be no wrinkles running the length of the sheath. If the sheath is too large you will notice wrinkles surrounding the length of your penis and this may lead to leakage.
Choosing your Clear Advantage sheath with confidence

Rochester Medical makes three Clear Advantage sheaths giving you the choice to select the most comfortable and secure option to suit you and your skin.

Clear Advantage Spirit

has an hydrophilic adhesive that gently maintains contact on the skin surface and promotes evaporative through the silicone, helping to protect skin integrity and maintain sheath adherence.

Clear Advantage with Aloe

is made with a thinner silicone in the sheath area and the adhesive contains aloe vera. The thinner silicone will conform well to the contours of your skin and the adhesion level with Aloe will provide confidence.

Choosing your Clear Advantage sheath

with confidence

Silicone sheaths easy to fit and remove

Sizing

Gently place the cut-outs of the measuring wheel over the widest part of your penis (while flaccid). The cut-out that fits snugly gives an indication which size sheath would be appropriate to try.

Wash your penis

For the sheath to stick effectively your skin must be clean and completely dry. Wash your penis with a mild soap and rinse well. DO NOT USE A HISTORICALLY USED LOTION. If you have had a bath or shower you should wait 5-10 minutes to ensure your penis is completely dry. You can wrap a sheet of kitchen roll round your penis to absorb any residual moisture.

Fit the sheath

- If you have not been circumcised, ensure your foreskin is forward in its natural position, covering the glans.
- If you are using a Style 1 sheath, unroll the sheath just one turn to expose the adhesive. (This is not necessary with Style 2 and Style 3 sheaths). - Gently place the sheath against your skin and unfold one or two more turns to stick it to your penis.
- Carefully lift up the end of your penis by gently pulling on the sheath funnel, whilst unfolding the sheath with your other hand a little at a time, using a brushing motion with fingers to avoid twisting the sheath.
- With the sheath fully unfolded onto your penis, hold it in place with your hand.

Frequently asked questions

Q. How often should I change my sheath?
A. Your health care professional may advise you to change your sheath 1-2 times a day, or according to the manufacturer's instructions.

Connecting to your sheath to a collection bag

Do not use liquid soap or moisturising soap.
Do not use wet wipes or baby wipes to clean your penis.
Do not use talcum powder or cream on your penis or in your genital area.
Do not remove your funnels to expose the glans.
Do not push your penis too far into the funnel as this will cause leaking.
Do not leave the sheath on for more than 24 hours.

Connecting to a leg bag

Check that there is sufficient capacity for your needs. They normally come in sizes up to 750ml, but there are larger versions available if you have a Script or customer service adviser for information. When connecting the leg bag to your urethral or suprapubic sheath, try to avoid twisting the connector whilst pushing it into the sheath as this can distort and cause backflow. Your health care professional may advise you to use an armpit to secure the tubing to your leg. Always empty your leg bag before it becomes too full, as this can push the end of the sheath down. Change the bag every 5-7 days according to the manufacturer's instructions.

Germ: enteric and oral: do not use creams or talc in the groin area, do not use talcum powder on an indwelling catheter. The sheath sometimes comes off when active flow.
Always allow the sheath to dry properly before applying a new sheath.

Warming up

Gently place the sheath fully unfolded onto your penis, hold it in place with your hand. The warmth from your hand will improve the adhesive bond to your skin. Wear time can be significantly reduced if the adhesive is not properly bonded to your skin.

Wear time and removal

Wear time will vary from person to person, as a general rule a sheath can last for 24 hours. It is recommended that you change the sheath on a daily basis for hygiene reasons. To remove your sheath, use a warm, soapy flannel and gently pull off the sheath. If this is difficult or painful you can use a medical adhesive remover.

Always check your skin between applications to ensure there are no areas of redness and wash your penis properly before applying a new sheath.

Do not change your sheath daily

Q. What should I do if my skin is sore when I remove the sheath?
A. If the sheath is fitted correctly you should not need to wear a pad, unless you have continence issues with your bags. However, a pad can cause a sheath to fail if it may cut across the funnel section causing a blockage.
Choosing your Clear Advantage sheath with confidence

Rochester Medical makes three Clear Advantage sheaths giving you the choice to select the most comfortable and secure option to suit you and your skin.

Clear Advantage Spirit

has a hydrocolloid adhesive that gently controls moisture on the skin surface and promotes evaporation through the silicone, helping to protect skin integrity and maintain sheath adhesion.

Clear Advantage with Aloe

is made with a thinner silicone in the sheath area and the adhesive contains aloe vera. The thinner silicone will conform well to the contours of your skin and the adhesion level is made with slightly thicker silicone in the sheath area, making the sheath easy to handle and apply.

Clear Advantage

is the original, silicone self-adhesive sheath, made with slightly thicker silicone in the sheath area than the other two brands, making the sheath easy to handle and apply.

Sizing

Gently place the ruler or measuring wheel over the widest part of your penis (while flaccid). The cut-out that fits snugly against an incision which your sheath would be appropriate to try.

Wash your penis

For the sheath to stick effectively your skin must be clean and completely dry. Wash your penis with a mild soap and rinse well. DO NOT USE A MOISTURISING OR LIQUID SOAP. If you have had a bath or shower you should wait 5-10 minutes to ensure your penis is completely dry. You can wash a sheath of wheelchair pants to avoid any residual moisture.

Style 1

Standard length sheath with the adhesive positioned centrally. Style 1 sheaths are suitable for men with a good length of penis who are uncircumcised.

Style 2

Standard length sheath with the adhesive positioned towards the tip. Style 2 sheaths fit all circumcised penises and are particularly suitable if the penis is retracted.

Style 3

Standard length sheath with additional adhesive. Style 3 sheaths provide extra assurance for men with a good length of penis who are particularly active or have difficulty in keeping other sheaths in place.

Style 1, Style 2 & Style 3 sheaths

• Squeeze the funnel between thumb and forefinger to make sure your penis is positioned over the tip of your penis. (Squeezing the funnel helps to create a space at the root of your penis that is important for good urine flow.)

Fitting the sheath

• If you have not been circumcised, ensure your foreskin is fully retracted in its natural position covering the glans.

• If you are using a Style 1 sheath, unscrew the sheath just one turn to expose the adhesive. (This is necessary with Style 2 and Style 3 sheaths.)

• Slip the sheath over your penis and gently roll it down until the sheath is fully seated on your penis.

• Do not use liquid soap or moisturizing soap.

• Do not use wet wipes or baby wipes to clean your penis.

• Do not use talcum powder or cream on your penis or in your genital area.

• Do not allow your sheath to come off when you are active.

• Do not push your penis too far into the sheath, possibly resulting in the sheath coming off or leaking. If you need to apply creams or talc in the groin area, do this after you have removed the sheath.

When to change your sheath

• Change your sheath when the sheath is completely dry. Change your sheath daily.

Warming up

Approach the sheath fully until seated into your penis, hold it in place with your hand. The warmth from your hand will improve the adhesive bond to your skin. Wearing the sheath can significantly reduce the risk of infection if not appropriately bonded to your skin.

Wear time and removal

Wear time will vary from person to person, but a sheath can last for 24 hours. It is recommended that you change your sheath on a daily basis for hygiene reasons.

To remove your sheath, use a warm, soapy, flannel and gently roll off the sheath. If this is difficult or painful you can use a medical adhesive remover.

Always check your skin between applications to ensure there are no sore areas and wash your penis properly before applying a new sheath.

Choosing your sheath to a collection bag

Connecting your sheath to a leg bag

Connecting to a leg bag

Choose the sheath with sufficient length for your needs. They normally come in sizes up to 750ml but there are larger versions available if your Service/continence service adviser for information. When connecting your leg bag to your sheath, using the stoppers or securing pole, push the leg bag onto the funnel of the sheath. Try to avoid twisting the connector whilst pushing it into the sheath as this can distort the sheath and cause a blockage. Your health care professional may advise the use of an extra strap to secure the tubing to your leg.

Always empty your leg bag before it becomes full, so it doesn’t push on the end of the sheath. Change the bag every 5-7 days according to the manufacturer’s instructions.

Frequently asked questions

Q. What should I do if my skin is sore when I remove the sheath?

A. Soak the sheath in water before removing it from your penis. If your skin becomes sore it is best to leave the sheath off for 24–48 hours and then the healing process.

Q. Can I apply creams and talc if I am using a sheath?

A. Yes, creams and talc will affect the adhesion of the sheath, possibly resulting in the sheath coming off or leaking. If you need to apply creams or talc in the groin area, do this after you have removed the sheath.

Q. Do I need to wear a pad as well as a sheath?

A. If the sheath is fitted correctly you shouldn’t need to wear a pad, unless you have compliance issues with your sheath. However, a pad can cause a sheath to fail as it may cut across the funnel, worsening a blockage.
Choosing and using your silicone self-adhesive sheath

Health care professionals and carers
There is a technique you can use to wear gloves whilst fitting Rochester Medical sheaths. Firstly, you must ensure that the gloves are a good, tight fit. Then unroll a Style 1 sheath one turn to expose the adhesive (Style 2 and Style 3 sheaths have the adhesive already exposed). Carefully pull your fingers away from the exposed ring of adhesive and apply the sheath to the penis.

Once the sheath is firmly stuck, lift the end of the penis by pulling gently on the sheath and use quick, flicking movements with your fingers to unroll the sheath, making sure your fingers always travel down the shaft of the penis. Don’t pull your fingers out sideways, or back up the penis, it will cause the sheath to stretch and wrinkle.

Safe, secure and comfortable
Silicones offer huge advantages over petroleum based, plastic materials. Thanks to their flexible backbone they can be shaped and their properties enhanced or changed to suit a wide range of useful applications. Silicones don’t harden over time or react with other materials, they don’t support bacterial growth and they don’t irritate the body. Neither do they generate unwelcome by-products or trigger allergic reactions. Many familiar, everyday items are made from silicones, from the seals around window frames and bathrooms, to the soft covers for mobile phones.

Medical grade silicone is the ideal material for sheaths. It is soft and flexible to conform to the shape of your penis and you can keep an eye on the condition of your skin through the clear sheath. Water vapour from your skin passes readily through the silicone membrane to the atmosphere, helping to keep your sheath securely in place and your skin in good condition.

You can have your prescription dispensed by Script-easy, the Rochester Medical confidential dispensing service, or you can take it to your chemist. Script-easy offers you a discreet and convenient way to obtain supplies quickly and easily at no additional cost to either you or your GP.

You will need to phone our freefone Script-easy number 0800 0121699 and quote your ref: 0121699. The Script-easy adviser will obtain your prescription from the GP on your behalf and send out your supplies without delay.

Clear Advantage self-adhesive silicone sheaths from Rochester Medical

All Rochester Medical Clear Advantage sheaths are available on FP10 prescription.

Choosing and using your silicone self-adhesive sheath

Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone.

Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, without release of harmful chemicals. – Because they don’t contain any.

Silicone, the environmental choice
Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone.

Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, without release of harmful chemicals. – Because they don’t contain any.

Silicone, the environmental choice
Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone.

Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, without release of harmful chemicals. – Because they don’t contain any.

Silicone, the environmental choice
Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone.

Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, without release of harmful chemicals. – Because they don’t contain any.

Silicone, the environmental choice
Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone.

Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, without release of harmful chemicals. – Because they don’t contain any.

Silicone, the environmental choice
Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone.

Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, without release of harmful chemicals. – Because they don’t contain any.
Choosing and using your silicone self-adhesive sheath

Health care professionals and carers

There is a technique you can use to wear gloves whilst fitting Rochester Medical sheaths. Firstly, you must ensure that the gloves are a good, tight fit. Then unroll a Style 1 sheath one turn to expose the adhesive (Style 2 and Style 3 sheaths have the adhesive already exposed). Carefully pull your fingers away from the exposed ring of adhesive and apply the sheath to the penis.

Once the sheath is firmly stuck, lift the end of the penis by pulling gently on the sheath and use quick, flicking movements with your fingers to unroll the sheath, making sure your fingers always travel down the shaft of the penis.

Don’t pull your fingers out sideways, or back up the penis, it will cause the sheath to stretch and wrinkle.

Silicone, the environmental choice

Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone. Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, without release of harmful chemicals – because they don’t contain any.

Safe, secure and comfortable

Silicones offer huge advantages over petroleum based, plastic materials. Thanks to their flexible backbone they can be shaped and their properties enhanced or changed to suit a wide range of useful applications. Silicones don’t harden over time or react with other materials, they don’t support bacterial growth and they don’t irritate the body. Neither do they generate unwelcome by-products or trigger allergic reactions. Many familiar, everyday items are made from silicones, from the seals around window frames and bathrooms, to the soft covers for mobile phones.

Medical grade silicone is the ideal material for sheaths. It is soft and flexible to conform to the shape of your penis and you can keep an eye on the condition of your skin through the clear sheath. Water vapour from your skin passes readily through the silicone membrane to the atmosphere, helping to keep your sheath securely in place and your skin in good condition.

Clear Advantage self-adhesive silicone sheaths from Rochester Medical

<table>
<thead>
<tr>
<th>Brand</th>
<th>Style</th>
<th>Size</th>
<th>Pack</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>24mm</td>
<td>30</td>
<td>5243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>28mm</td>
<td>30</td>
<td>5283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>32mm</td>
<td>30</td>
<td>5323</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>36mm</td>
<td>30</td>
<td>5363</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>40mm</td>
<td>30</td>
<td>5403</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 1</td>
<td>24mm</td>
<td>30</td>
<td>1243</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 1</td>
<td>28mm</td>
<td>30</td>
<td>1283</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 1</td>
<td>32mm</td>
<td>30</td>
<td>1323</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 1</td>
<td>36mm</td>
<td>30</td>
<td>1363</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 1</td>
<td>40mm</td>
<td>30</td>
<td>1403</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 2</td>
<td>24mm</td>
<td>30</td>
<td>2243</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 2</td>
<td>28mm</td>
<td>30</td>
<td>2283</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 2</td>
<td>32mm</td>
<td>30</td>
<td>2323</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 2</td>
<td>36mm</td>
<td>30</td>
<td>2363</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 2</td>
<td>40mm</td>
<td>30</td>
<td>2403</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 3</td>
<td>24mm</td>
<td>30</td>
<td>3243</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 3</td>
<td>28mm</td>
<td>30</td>
<td>3283</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 3</td>
<td>32mm</td>
<td>30</td>
<td>3323</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 3</td>
<td>36mm</td>
<td>30</td>
<td>3363</td>
</tr>
<tr>
<td>Clear Advantage with Aloe</td>
<td>Style 3</td>
<td>40mm</td>
<td>30</td>
<td>3403</td>
</tr>
</tbody>
</table>

All Rochester Medical Clear Advantage sheaths are available on FP10 prescription.
Health care professionals and carers

There is a technique you can use to wear gloves whilst fitting Rochester Medical sheaths. Firstly, you must ensure that the gloves are a good, tight fit. Then unroll a Style 1 sheath one turn to expose the adhesive (Style 2 and Style 3 sheaths have the adhesive already exposed). Carefully pull your fingers away from the exposed ring of adhesive and apply the sheath to the penis.

Once the sheath is firmly stuck, lift the end of the penis by pulling gently on the sheath and use quick, flicking movements with your fingers to unroll the sheath, making sure your fingers always travel down the shaft of the penis. Don’t pull your fingers out sideways, or back up the penis, it will cause the sheath to stretch and wrinkle.

Silicone, the environmental choice

Rochester Medical is committed to the development of innovative medical devices made from medical grade silicone. Medical grade silicones are amazing materials with a unique potential to improve our world without depleting our natural resources to any great extent and, when disposed of, they can be incinerated safely or will degrade harmlessly in landfill, reverting eventually back to the quartz sand from which they are made, because they don’t contain any.

Safe, secure and comfortable

Silicones offer huge advantages over petroleum based, plastic materials. Thanks to their flexible backbone they can be shaped and their properties enhanced or changed to suit a wide range of useful applications. Silicones don’t harden over time or react with other materials, they don’t support bacterial growth and they don’t irritate the body. Neither do they generate unwelcome by-products or trigger allergic reactions. Many familiar, everyday items are made from silicones, from the seals around window frames and bathrooms, to the soft covers for mobile phones.

Medical grade silicone is the ideal material for sheaths. It is soft and flexible to conform to the shape of your penis and you can keep an eye on the condition of your skin through the clear sheath. Water vapour from your skin passes readily through the silicone membrane to the atmosphere, helping to keep your sheath securely in place and your skin in good condition.

Choosing and using your silicone self-adhesive sheath

<table>
<thead>
<tr>
<th>Brand</th>
<th>Style</th>
<th>Size</th>
<th>Pcs</th>
<th>Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>24mm</td>
<td>30</td>
<td>5243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>28mm</td>
<td>30</td>
<td>5283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>32mm</td>
<td>30</td>
<td>5323</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>36mm</td>
<td>30</td>
<td>5363</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>40mm</td>
<td>30</td>
<td>5403</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 2</td>
<td>24mm</td>
<td>30</td>
<td>7243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 2</td>
<td>28mm</td>
<td>30</td>
<td>7283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 3</td>
<td>24mm</td>
<td>30</td>
<td>9243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 3</td>
<td>28mm</td>
<td>30</td>
<td>9283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>24mm</td>
<td>30</td>
<td>1243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>28mm</td>
<td>30</td>
<td>1283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>32mm</td>
<td>30</td>
<td>1323</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>36mm</td>
<td>30</td>
<td>1363</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>40mm</td>
<td>30</td>
<td>1403</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 2</td>
<td>24mm</td>
<td>30</td>
<td>2243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 2</td>
<td>28mm</td>
<td>30</td>
<td>2283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 3</td>
<td>24mm</td>
<td>30</td>
<td>3243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 3</td>
<td>28mm</td>
<td>30</td>
<td>3283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>24mm</td>
<td>30</td>
<td>8243</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>28mm</td>
<td>30</td>
<td>8283</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>32mm</td>
<td>30</td>
<td>8323</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>36mm</td>
<td>30</td>
<td>8363</td>
</tr>
<tr>
<td>Clear Advantage Spirit</td>
<td>Style 1</td>
<td>40mm</td>
<td>30</td>
<td>8403</td>
</tr>
</tbody>
</table>