

**Great Bear**

Healthcare

***GB Fix-it Catheter  
Retaining Strap***

**User Guide**

# Contents

GB Fix-it Retaining Strap	3
Usage Instructions	4
Key Tips	5
Selecting the Right Size	6
Order Codes	7
How to Order	7



Dignity, Respect, Quality & Commitment



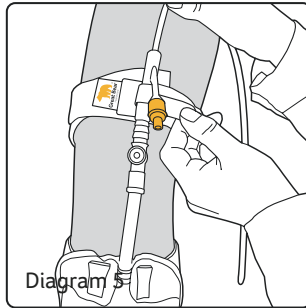
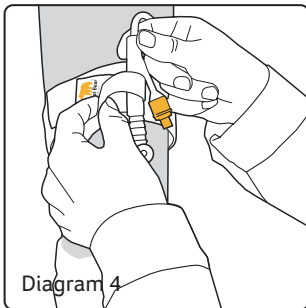
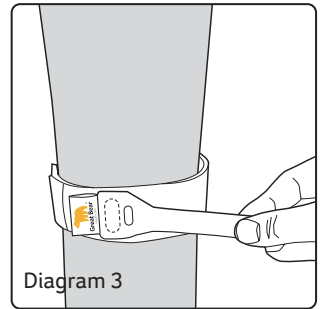
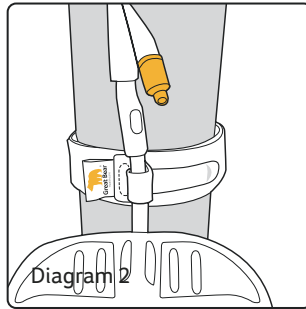
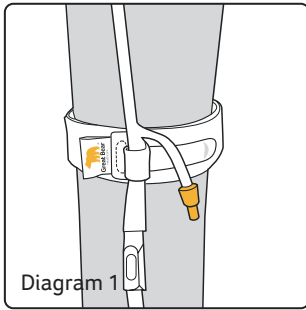
## GB Fix-it Retaining Strap

The GB Fix-it Retaining Strap is designed to secure urethral and suprapubic catheters, as well as leg bag tubing with a sheath system.

Proper securement is essential to prevent urethral trauma.

# Usage Instructions

1. The GB Fix-it Retaining Strap can be used to secure the catheter around the bifurcation point (Diagram 1) or, alternatively, around the tubing of the leg bag (Diagram 2)
2. Before securing the tubing/catheter, place the strap around the leg or abdomen in the desired position, ensuring the silicone lines are facing the skin
3. Pull the GB Fix-it tie away from the fabric strap (Diagram 3)
4. Wrap the GB Fix-it tie back on itself around the tubing/catheter (Diagram 4)
5. Push the tab through the eyelet and pull gently around so the tubing/catheter is secured. Take care to not pull too tightly to ensure urine can still pass through (Diagram 5)
6. Press the Velcro tab on the tie onto the fabric strap to keep the tubing/catheter in place



# Key Tips for Using a GB Fix-it Retaining Strap

- Hygiene is very important when catheterised to prevent infection. Ensure you wash your hands thoroughly before and after handling your Great Bear drainage bags. If someone else is handling your leg or night bag, whether that is a relative, a carer or healthcare professional, they must wash and dry their hands and wear a clean pair of gloves
- Do not disconnect your leg bag when fitting the GB Fix-it Retaining Strap. Disconnecting the system increases your risk of infection
- Change the GB Fix-it Retaining Strap when you change your drainage bag, unless it becomes damaged or soiled, in which case change sooner. The GB Fix-it Retaining Strap is machine washable but will last longer if you gently handwash
- Elasticity and support provided by the GB Fix-it Retaining Strap will reduce over time due to washing and stretching. When this happens we recommend you order a replacement box
- Do not allow your catheter or leg bag to hang down unsupported. Lack of catheter securement can cause urethral trauma and discomfort
- You can continue to wear the GB Fix-it Retaining Strap in the bath or shower but ensure you replace it with a clean, dry one afterwards

# Selecting the Right Size GB Fix-it Retaining Strap

1. The GB Fix-it Retaining Strap can be worn on the leg or abdomen, depending on whether you have a urethral or suprapubic catheter
2. Using a measuring tape, measure around the point you intend to wear the GB Fix-it Retaining Strap and select the corresponding size from the below table
3. Any excess strap can be cut to fit
4. If you are unsure of the positioning of the GB Fix-it Retaining Strap, speak to your healthcare professional for guidance

## Remember!

Lack of catheter securement can lead to damage and inflammation to the urethra and meatus. This could cause pain, discomfort and a high risk of infection.

Fisher, J. (2010) "The importance of effective catheter securement" British Journal of Nursing, 19:8



# Order Codes

Code	Size	Qty	PIP Code
10644A	Medium (45cm)	5	348-9184
10645B	Long (80cm)	5	348-9192
10646C	Short (35cm)	5	348-9176
10647D	Adjustable (150cm)	5	383-4819

## How to Order

- GB Fix-it Retaining Straps are available on prescription via Nightingale Home Delivery Service
- To place your order call Freephone **0800 304 7434** or visit **[www.nightingaledelivery.co.uk](http://www.nightingaledelivery.co.uk)**
- Please ensure you have your GP details to hand and make sure you have at least two weeks' supply in hand before reordering

Order your  
supplies with  
Nightingale



