

Great Bear

Healthcare

Libra Sheath

User Guide

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Dignity, Respect, Quality & Commitment



Libra[®] Sheath

The Libra Sheath is available in a range of styles and sizes and is designed to help manage continence issues.

Using only the highest quality, latex-free materials and adhesives, the Libra Sheath is a practical, comfortable and reliable means of continence care.

Selecting Your Libra[®] Sheath

The Libra Sheath is available in three styles, each one suitable for specific needs:

Style 1: Standard



Style 1 (Standard): A standard length sheath with centrally positioned adhesive. Libra Sheath Standard is suitable for those with an average length penis.

Style 2: Pop On



Style 2 (Pop On): A shorter length sheath combined with a maximum adhesive area will provide those with a short or retracted penis a suitable sheath option.

Style 3: Wide



Style 3 (Wide Band): A standard length sheath with a greater adhesive area to maximise security, particularly for those who are more active and have trouble keeping other sheaths in place.

Fitting Guide

Sizing

- Using the measuring guide, that you will find inside the box of Libra Sheaths, place the cut-outs over the widest point of the penis
- The cut-out that fits the closest gives an indication which sheath would be most appropriate
- If you feel you are between sizes, choose the size that feels most secure

Pubic Hair

- Slide one of the hair protectors, of which you will find a pack of 30 inside the box of Libra Sheaths, down the penis
- Ensure as much of the pubic hair as possible is held behind the protector
- If necessary, trim any hair from the shaft of your penis and around the base
- Do not shave as this could cause skin irritation

Sheath Fitting; Tips and Tricks

DO wash and dry the penile area thoroughly

DO measure the penis at the widest part

DO stand up to get an accurate measurement

DO use a GB Soft Skin Barrier Wipe, if required, applying to the shaft of the penis (avoid the glans) and allow to dry

DO use a hair protector

DO roll the sheath along the shaft of the penis. Hold for three seconds to ensure even adhesion

DO change your sheath on a daily basis

DO use warm soapy water to remove sheath. If this becomes painful or difficult, use GB Soft Skin Medical Adhesive Remover

DO NOT shave pubic hair

DO NOT continue usage if any soreness or irritation occurs. Leave the sheath off and contact your healthcare professional

DO NOT use talc or cream

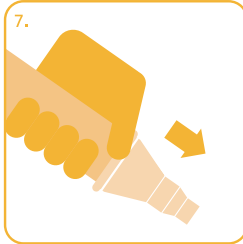
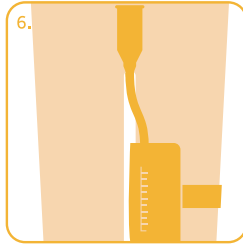
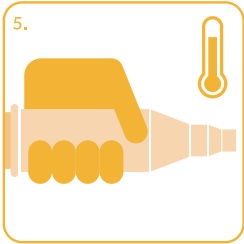
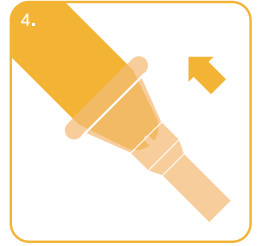
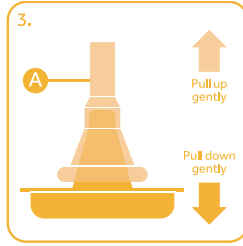
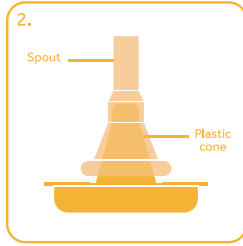
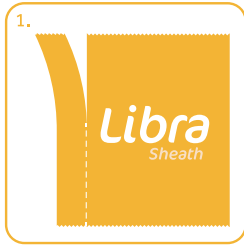
DO NOT sit down whilst measuring penis

DO NOT retract the foreskin if uncircumcised



**Watch Our
Libra Sheath
Usage Video**

Instructions for Use



Fitting Instructions

1. Wash your hands before use
2. Please ensure you are using the correct size and style of sheath; there is a measuring guide in each box of Libra Sheaths for your reference
3. If necessary, trim the pubic hair or use the hair protectors supplied
4. The sheath is supplied individually in a pouch
5. The pouch has a perforated edge to allow the sheath to be removed easily
6. Tear along the perforation to access the sheath (Diagram 1)
7. Remove the sheath from the pack by the spout. Pop On sheaths also have a protective plastic cone (Diagram 2)
8. Take the sheath off the cone by holding the sheath just below the spout (point A on Diagram 3) and the plastic cone and gently pull
9. Position the sheath over the penis
10. If you are using a standard style sheath leave a small space between the end of the penis and the base of the spout

11. Unroll the sheath along the shaft of the penis ensuring the end of the sheath is fully unrolled (Diagram 4)
12. Place your hand over the shaft of the penis and sheath and gently squeeze. This will allow the adhesive to warm up and ensures a comfortable fit (Diagram 5)
13. Fit drainage bag to leg before connecting to the sheath to avoid any twisting as this may prevent drainage
14. Connect your drainage bag to the spout of the sheath, making sure the tap on the bag is in the closed position (Diagram 6)

Removal Instructions

1. To remove the sheath, release the base of the sheath all the way around
2. Use warm soapy water and a wash cloth or use an adhesive remover spray to help ease the sheath off (Diagram 7)
3. Dispose of your sheath and wash your hands
4. To maintain good hygiene, the Libra Sheath should be changed every 24 hours. This may vary between users; advice can be sought from your healthcare professional

Please note: if your skin becomes irritated whilst using this product, do not use until you have spoken to your healthcare professional



Connecting to a Leg Bag

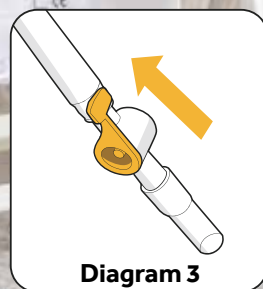
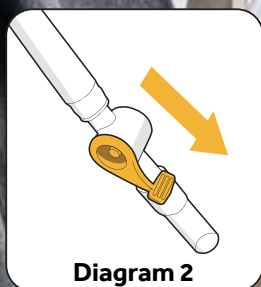
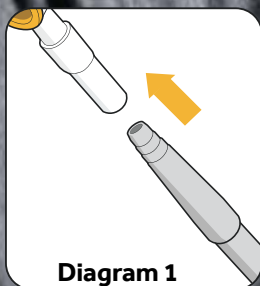
1. Wash hands
2. Open peel pouch and remove leg bag from its packaging
3. Ensure the lever on the outlet tap is in the closed position (Diagram 3)
4. Remove the protective cap from the leg bag inlet connector
5. Insert the inlet connector into the spout of the sheath. Insert the connector fully to allow a secure connection
6. The leg bag should be positioned on the thigh or calf, depending on the tube length, and secured appropriately with the leg bag straps provided
7. Feed the leg bag straps through the eyelets on the bag and ensure the silicone lines face onto the leg
8. Make sure the inlet tubing isn't kinked which can restrict the flow of urine
9. Libra Leg Bags with an adjustable tube can be cut to the desired length then fitted with the spare white connector. One of these can be found in the peel pouch with each adjustable tube Libra Leg Bag



Overnight Link System

Where a leg bag is being used, a 2 litre or 3 litre night bag can be connected to the end of the leg bag to provide additional capacity for overnight drainage.

1. When you go to bed, do not disconnect your leg bag from your sheath
2. Insert the connector of your night bag to the silicone sleeve on your leg bag (Diagram 1). Insert the connector fully to allow a secure connection
3. Once connected, turn the Libra Leg Bag tap to the open position (Diagram 2) to allow the overnight drainage into the night bag
4. Before disconnecting the night bag in the morning, ensure the Libra Leg Bag tap is in the closed position (Diagram 3)



Troubleshooting

My Libra Sheath doesn't appear to be sticking, why is this?

Ensure that you are not using a moisturising soap, wet wipes or skin cleanser on the skin prior to application as this can prevent the adhesive from sticking correctly. If you feel you would benefit from greater security, you can use the GB Soft Skin Barrier Wipe to prepare the skin and maximise the effectiveness of the sheath adhesive.

Some skin types are prone to excess oil. If you have oily skin and find that the sheath slides off as the day goes on, contact your healthcare professional who will be able to recommend other products to ensure you can use a sheath system successfully. If you continue to have difficulty please Freephone 0800 055 6270, with the product code and LOT number, and we will look into it for you.

The sheath comes off when the urine flows, how can I stop this happening?

Firstly, ensure that the drainage bag connected to the sheath is positioned on the inside of the leg with the straps to the inside of the bag and that there are no restrictions to the flow of urine. Do not wear tight underwear or pads and check the tube length on the drainage bag is not too long that it kinks. Restrictions in the urine flow lead to urine gathering in the sheath. This can then cause pressure to build in the sheath which in turn will make it come off.

Also check that the tube length on the drainage bag is not too short as this can pull the sheath off.

The sheath is staying in place, but appears to be leaking?

Check that the pubic hair has been trimmed adequately or use a hair protector when applying the sheath. If pubic hair is not held back, it can act as a channel for the urine to seep down.

Check that the drainage bag is connected correctly to prevent any leaks from the connection point.

How often should I change the Libra Sheath?

The Libra Sheath should be changed every 24 hours.

My skin is sore after I remove the Libra Sheath, what should I do?

The Libra Sheath should be gently removed with warm soapy water, ensuring the skin is dried thoroughly before applying the next sheath. If you are finding the removal of the sheath in anyway painful or uncomfortable, you can use the GB Soft Skin Medical Adhesive Remover Spray to aid in the removal of the sheath. If irritation and discomfort continue please contact your healthcare professional.

How should the sheath be stored and where should they be disposed?

Each Libra Sheath is individually wrapped and should be kept in its packaging until you are ready to use it. The sheaths should be stored in a cool, dry place and out of direct sunlight.

Used Libra Sheaths can be disposed of with your household waste.

GB Soft Skin[®] Medical Adhesive Remover

Adhesive removers are designed to be used in conjunction with a sheath.

Available in both wipe and spray form, the GB Soft Skin Medical Adhesive Remover Spray allows for the product to be gently removed after use, leaving no sticky residue behind.



GB Soft Skin[®] Barrier Wipes

Barrier Wipes leave a protective layer on the skin. This provides a "barrier" between the skin and sheath adhesive to prevent irritation.

Barrier wipes maximise the effectiveness of the sheath in use.



Order Codes

Libra Sheath - Prescription

All Libra Sheath come with a measuring guide and 30 hair protectors as standard

Code	Style	Size	Qty	PIP Code
GBLSS24	Standard	24mm	30	388-2461
GBLSS28	Standard	28mm	30	388-2479
GBLSS31	Standard	31mm	30	388-2487
GBLSS33	Standard	33mm	30	404-4046
GBLSS35	Standard	35mm	30	388-2495
GBLSS40	Standard	40mm	30	388-2503
GBLSW24	Wide Band	24mm	30	388-2560
GBLSW28	Wide Band	28mm	30	388-2578
GBLSW31	Wide Band	31mm	30	388-2586
GBLSW33	Wide Band	33mm	30	404-4061
GBLSW35	Wide Band	35mm	30	388-2594
GBLSW40	Wide Band	40mm	30	388-2602
GBLSP24	Pop On	24mm	30	388-2511
GBLSP28	Pop On	28mm	30	388-2529
GBLSP31	Pop On	31mm	30	388-2537
GBLSP33	Pop On	33mm	30	404-4053
GBLSP35	Pop On	35mm	30	388-2545
GBLSP40	Pop On	40mm	30	388-2552

GB Soft Skin Range - Prescription

Code	Description	Qty	PIP Code
10380A	GB Soft Skin Medical Adhesive Remover Spray	50ml Aerosol	384-5955
10381B	GB Soft Skin Barrier Wipes	30	387-1027
10382C	GB Soft Skin Medical Adhesive Remover Wipes	30	401-9105

How to Order

- Libra Sheaths are available on prescription via Nightingale Home Delivery Service
- To place your order call Freephone **0800 304 7434** or visit **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



