

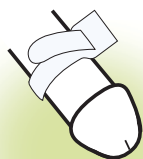
A Guide to Proper Use of Self-Adhesive Sheaths



Follow these simple steps for application and removal, and you can enjoy safety, security and comfort.

Sizing

Select the correct size by using the Rochester Medical measuring tape or sizing wheel. Wrap the tape around the shaft of your penis and read off the corresponding measurement. Choose the sheath size closest above that measurement. Always use the correct size to ensure a comfortable fit.



Gather Your Supplies

You will need a sheath, pubic hair protector, leg bag, non-pointed manicure scissors, soap (do not use soaps that leave a cream residue on the skin), washcloth, and towel.



Trim Pubic Hair

Always wash your hands before beginning. Trim the hairs on the shaft and base of your penis, and slide the pubic hair protector down over your penis to prevent any remaining hairs from sticking to the adhesive on the sheath. Avoid shaving as the skin may become irritated.



Cleanse Your Penis

In order for the sheath adhesive to perform properly, the skin must be clean and very dry. Wash your penis with mild soap and warm water. Be sure to allow the area to dry completely before proceeding.



Fitting the Sheath

1. Standard sheaths (Style 1) Unroll the sheath just one turn and place it over the tip of your penis, leaving enough space in the funnel end so the tip of your penis doesn't rub against the inside of the funnel. Slowly and carefully unroll the sheath, while gently pulling on the sheath to smooth out the foreskin. If uncircumcised, be sure to leave the foreskin in place over the head of the penis.



2. Pop-On (Style 2) & WideBand (Style 3)

Do not unroll the sheath. Simply place it over the tip of your penis, leaving enough space in the funnel end so the tip of your penis doesn't rub against the inside of the funnel. Slowly and carefully unroll the sheath, while gently pulling on the sheath to smooth out the foreskin. If uncircumcised, be sure to leave the foreskin in place over the head of the penis.



Squeeze to Set

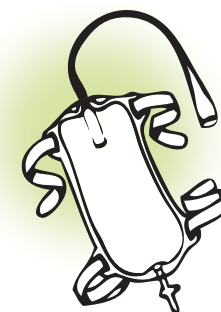
Smooth out any wrinkles in the sheath. Gently squeeze the sheath to properly seal it to the skin. Wear time may be significantly reduced if the adhesive is not properly sealed to the skin.



Note: Too many wrinkles in the sheath may indicate that an inappropriate size has been selected, and a smaller sheath may be needed for more effective results.

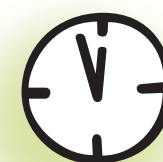
Connect to Leg Bag

Choose a leg bag with sufficient capacity to suit your needs and push the connector firmly onto the sheath drainage outlet. Strap the leg bag to your calf or thigh, depending on the inlet tube length, and adjust the straps so that they do not constrict blood flow in your leg. Always empty your leg bag before it becomes too full and uncomfortable as it may pull on the sheath.



Wear Time & Removal

Wear time will vary from user to user. It is recommended that a sheath be changed every 24 hours for reasons of hygiene. When it comes time to change, first empty your leg bag and then gently roll the sheath forward and off the penis. Always remember to prepare your skin properly before applying a new sheath, to ensure good adhesion.



Note: If necessary, apply a warm wet compress (such as a wet cloth) around the sheath to help loosen the adhesive.

For helpful advice on any aspect of Rochester Medical products, please telephone our **Freephone Helpline on 0800 0322755**.