

Living at home with a Urinary Sheath

Information for patients

What is a sheath?

A sheath is a condom-like covering which fits over the penis and has an outlet device which connects to a drainage bag.

When are they used?

Sheaths are used by men who are incontinent or have difficulties accessing a toilet. A sheath will not help you pass urine.

Where do I get them from? Sheaths are ordered on prescription from your GP. You will be measured for the correct size by your Continence Nurse Specialist or District Nurse, this is important to ensure the sheath system is used correctly and is effective.

How does it stay in place? The sheath stays in place with adhesive. There are also latex free devices available.

Who fits it? If you are able to, you can put it on yourself. Alternatively a carer or family member can be taught to apply it for you.

How do I put it on?

- Wash and dry your penis thoroughly.
- Ideally wait at least 10 minutes after a shower or bath before applying a new sheath
- Do not use cream or talc, this affects the adhesive.
- Trim pubic hair around base of your penis, you do not need to shave. A protective cloth can be used so that the pubic hair is kept back.
- If you are uncircumcised, make sure the foreskin is in place over the head of your penis.
- Unroll the entire sheath.
- The sheath must be firmly pressed to your penis to ensure a good seal.
- Attach a drainage bag to the outlet tube.



How long will it last? A sheath can normally be left in place for 1–2 days. However for hygiene purposes you may wish to change it daily.

How do I remove it? Use warm soapy water and roll it down the penis gently, alternatively you can use a non-alcohol based adhesive remover.

How do I care for my skin? Always wash and dry your skin thoroughly between sheath changes. Check carefully for any redness or soreness, if present you may need to leave the sheath off for a few days until resolved or a barrier film may be useful.

Will a sheath affect my sex life? No, the sheath can be removed and replaced as required.

How do I dispose of it? The sheath can be disposed of in your normal rubbish wheelie bin.

What type of drainage bag do I use? During the day a leg bag can be used which fits to your lower leg or thigh and fixed with straps, this bag lasts for a week. Always wash your hands before and emptying the leg bag and do not allow it to get too full.

At night-time a single use larger bag is fitted to the leg bag and attached to a stand, this is then disposed of in the morning in your usual wheelie bin.

How do I store the sheaths and bags? Unused sheaths and bags should be kept in the original packaging in a dry area away from direct sunlight and heat.

For further advice or information please contact:

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or

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