



Non-Invasive Urine Collection System | Training Manual

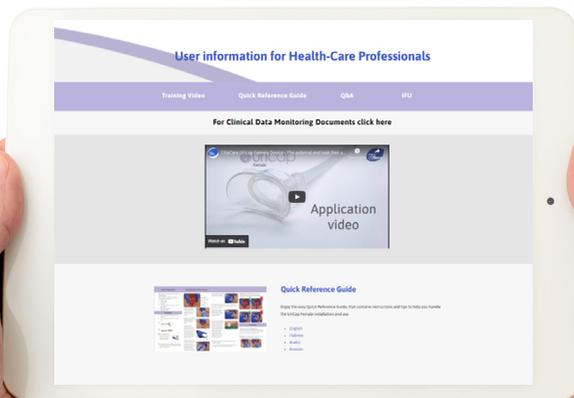




This training manual provides UriCap Female application details for the maximum comfort, safety, and benefit for the user. Before installing the UriCap Female, read the Instructions for Use (IFU).

You can find the IFU, other information, video and contacts at:

[www.MyPelvicHealth.co.uk](http://www.MyPelvicHealth.co.uk) for further support reach out to: [info@MyPelvicHealth.co.uk](mailto:info@MyPelvicHealth.co.uk)



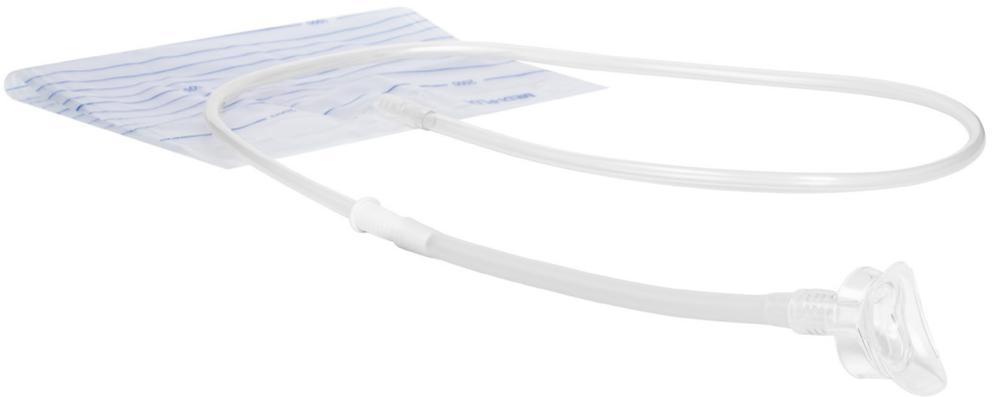
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## Introduction

UriCap Female is a revolutionary non-invasive, leak-free external urine collection system designed to help manage female urinary incontinence. The UriCap is designed for maximal comfort, applied easily without the use of suction, harsh adhesives, or bulky accessories.

The UriCap Female is manufactured from soft medical-grade silicone. The extension tube connects the UriCap to a standard urine bag for odor-free collection, measurement, and disposal.





# Preparation and Supplies

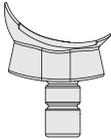
## The Ideal Female Patient

- Frequent or consistent incontinence
- Limited movement during the day and or at night
- Non-agitation and agreeable to placement

## Required Supplies:

- Gather all supplies prior to application:

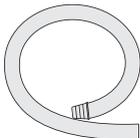
### 1.Uricap



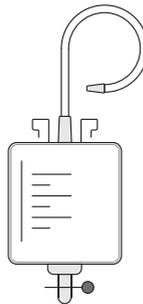
### 5.Alcohol swab



### 2.Extension tube



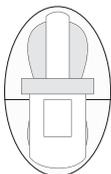
### 6.Urine collection bag



### 3.Lubricant



### 4.Securement device

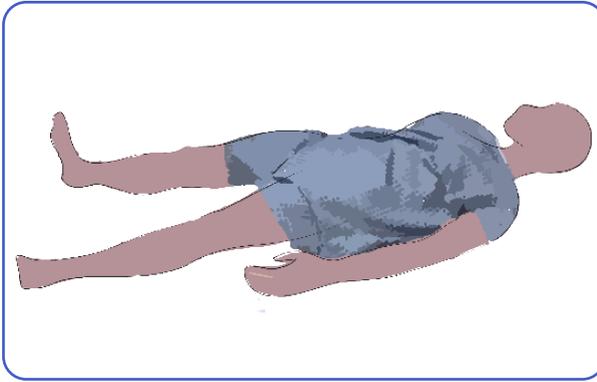


### 7.Perineal cleansing supplies (Soap and water or facility specific products)



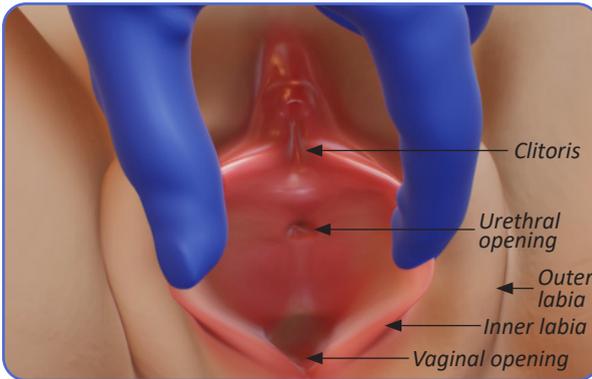


## Positioning the Patient



Place the patient in a reclined or semi-reclined position with legs spread apart as shown in the illustration below. The head of bed may be elevated for comfort.

## Visualizing the Application Area



- Educate the patient.
- Wash hands and don gloves.
- Use your non-dominant hand to spread the outer and inner labia as shown.

## Clean the Perineal Area

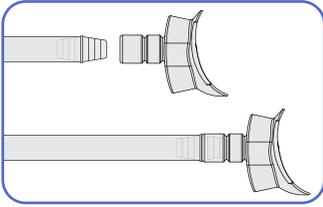


Clean the area in a downward manner following facility protocols. Leave any remaining moisture. Moisture supports adhesion.

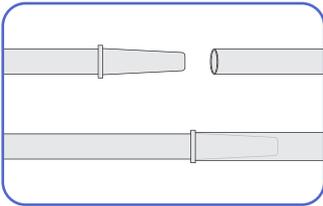
- Do not attach to external suction
- Do not apply adhesives or enhancers



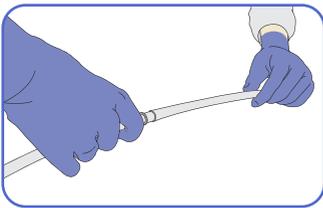
## Assemble Supplies



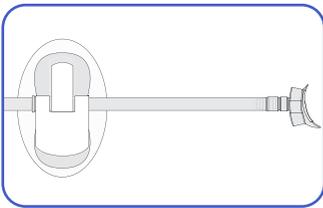
Connect the UriCap to the extension tubing.



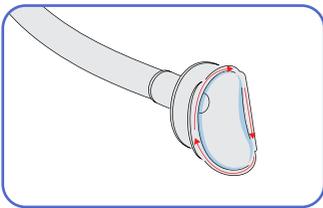
Attach the extension tubing to the tubing of the urinary collection bag.



Ensure that all parts are well-connected.



Attach the securement device.



To avoid dryness and discomfort, a dime-sized amount of water-based lubricant is applied as shown.



## Application

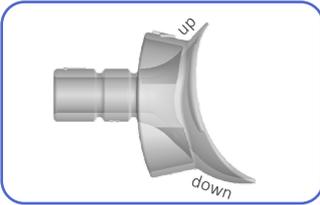
### A. Holding Position



Hold the UriCap with the long lip downward.

Place your index finger of your dominant hand in the bottom space near the long lip, as shown.

The tubing should be secure in remaining three fingers.



### B. Placement location



With your non-dominant hand, reveal the anatomy once again. Spread the outer and inner labia wide open.

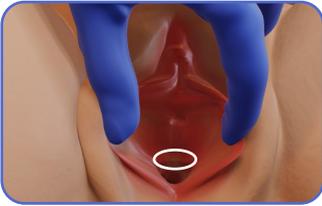
Notice the placement location of the UriCap (red circle).

- **Important**



Ensure that the inner labia are retracted and do not become lodged under the UriCap during application. The device needs full contact with the periurethral area.

### C. Place



Place only the lower lip of the device at the upper part of the vaginal opening with your index finger. Push inward gently.



Use the free thumb to push in the upper lip of the UriCap to have full contact with the periurethral area. Important, hold in place and to push slightly toward the body for 5-10 seconds. This forms a seal.



For best results and maximal adhesion, the patient should remain in the reclined position for at least 1 hour after application.

## D. How do I Know if the UriCap is in Place?

**Important:** Avoid re-opening the labia after the application as it may break the seal between the device and patient.

**Visualize:** Does the Device Appear to be in Place?

After application if the device is falling backwards or detached it may occur because one of two things:

1. UriCap may be incompatible with the patient's anatomy; the patient needs labia and depth.
2. The device was not applied correctly.

The UriCap is held in place by three factors:

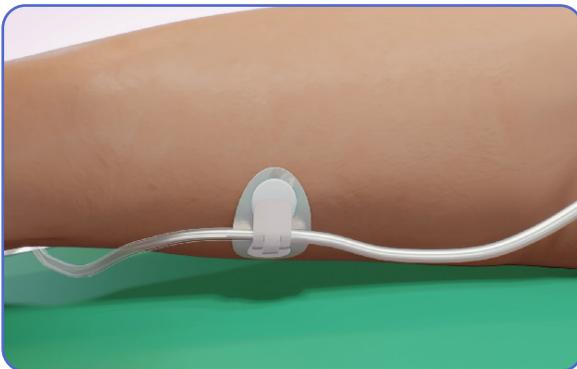
1. Holding force of the labia
2. Direct contact that allows for adhesion
3. Time



## E. Securing the Tube to the Patient

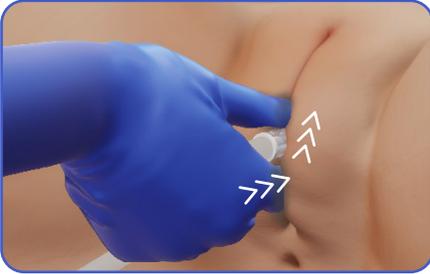
Secure the tubing to the lower inner thigh of the patient:

1. Find the connection between the extension tube and urine bag tubing, fasten using Velcro straps, leave the paper backing on the adhesive strip for tube mobility.
2. Measure slack by having the patient widen and extend their leg.
3. Alcohol the area, allow to dry and secure to the patient.



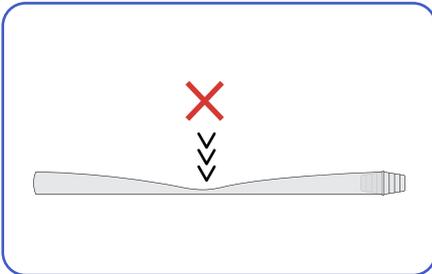


## F. Reinforcement Technique

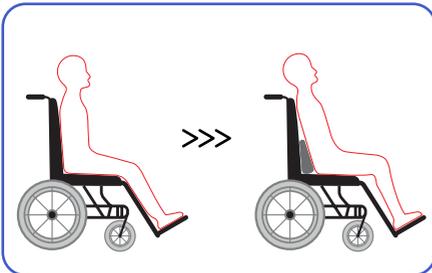


Following changes in position (e.g., transfer from wheelchair to bed, etc.), and as needed, verify device placement. Slide your index finger and thumb into the original application position and gently push the device in and up to ensure proper positioning.

## G. Position the Tubing and Urine Drainage Bag



Ensure that the tubing has free passage and no kinks.



While seated, you may slightly adjust the patient's position to reduce pressure on the device by widening the angle as shown in the illustration below.

## Always Remember

- Ensure the connection sites are secure
- Change the location of the urine bag before changing the patient's position
- The urine bag should always be positioned below the urethra level and at the side of the bed or chair
- Empty urine bag when full, per facility policy
- Ensure that there is enough slack in the tubing to avoid pulling on the UriCap and urine bag while moving
- When lying or sitting, the tubing should be positioned behind the bend of the knee to avoid pressure of the tube on the leg

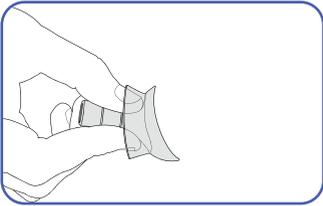


## Removal

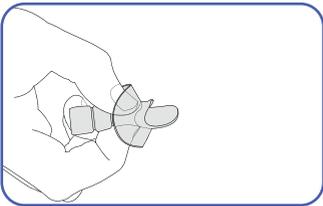
### Removing the Device



1. Use the Peel-back Method: Peel the device from the top to bottom to release the seal.



2. Use the Squeeze Method, if the peeling method is not possible: squeezing the top and bottom together to release the seal.



**Important:** Avoid pulling the device straight out.

### Daily Change

1. Remove UriCap following above steps
2. Disconnect cap from extension tube and replace with new cap
3. Lubricate cap
4. Repeat application steps

**Important:** Clean patient before each application.



## Troubleshooting A

### Comfort Troubleshooting

#### Daily Skin Monitoring

1. Assess skin prior to each placement.
2. Assess skin routinely to rule out skin redness or irritation.

#### Lubricant

1. Add lubricant before each application.
2. Lubrication improves adhesion of the UriCap and comfort of application.

#### Comfort While Sitting

1. Avoid direct pressure on the device.
2. Angle the sitting positioning of the user to reduce pressure during device use. Use a wider sitting angle when leaning back.
3. Use a pillow or appropriate cushion for prolonged sitting.

#### Comfort While Lying

1. Ensure that the inner labia are not positioned under the device.
2. Ensure correct placement. Remember after transferring to use the reinforcement technique, pushing inward and up with the thumb and index finger.

#### Safe Removal

1. Use the Peel-back Method: Peel the device from the top to bottom to release the seal.
2. Use the Squeeze Method, if the peeling method is not possible: squeezing the top and bottom together to release the seal.

## Troubleshooting B

### Leakage Troubleshooting

#### **Assess The Fit**

1. Assess skin prior to each placement.
2. Assess skin routinely to rule out skin redness or irritation.

#### **Assess Application**

1. Widely spread the outer and inner labia to avoid the inner labia getting caught under the device.
2. When visualization of the anatomy or spreading the labia is limited, try applying the device using the Reinforcement Technique. Adjust placement until the inner labia are not caught under the UriCap and a seal can be formed.

#### **Leakage after Moving: Changes when sitting & lying**

After transferring from chair-to-bed, assess for leakage and use the Reinforcement Technique, by applying simultaneous pressure using the thumb and index finger.

**Follow the steps above to provide successful application and use of UriCap Female leading to a dry, comfortable environment for your patients.**



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# uricap

## Female

*The safe and comfortable external urine  
collection device women have waited for*

