

FACT SHEET

Tips on Uridomes

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Incontinence can occur for many different reasons. There are various types of incontinence such as:

- Stress
- Urge
- Acontractile
- Functional
- Neurogenic

A continence assessment focuses on the condition and associated treatment plan and will dictate what type of treatment method is required e.g. bladder retraining, catheterisation etc. The assessment results will indicate if product assistance is required and the features required by that product.

Following a continence assessment you may have been recommended by your health care professional to use a uridome. A uridome is an externally worn device designed to collect urine. It does not replace the use of an indwelling catheter nor intermittent catheterisation.

Uridomes come in varying lengths widths and adhesive type. One type of external catheter is not going to suit everyone. Prior to use it is important that the penis size has to be measured correctly and the penile skin integrity is good.

The main clinical characteristics that your health care professional needs to consider when recommending you use a uridome are:

- Penis length longer or shorter than 4cm
- The force or flow rate of the urine
- Activities being carried out when using the uridome
- Ease of uridome application
- Sensitivity of penile skin

Uridomes are either self adhesive or require uridome tape or uridome skin adhesive. If you are using tape or skin adhesive only use those made specifically for uridomes, as irritation and strangulation of the penis can occur if the incorrect product is used. Your health care professional will advise you on what to use.

A uridome/sheath is an external system and a non-sterile bag is connected for drainage collection. The length of bag tubing is dependent on where you wish to wear the leg bag, however a certain amount of tubing is required for movement and position change. Always remember to support the leg bag with either straps or a holder to prevent tugging on the uridome/sheath.

Uridome/sheath application vary. Always read the manufacturers' instructions prior to application.

If you are experiencing irritation or leakage from the uridome contact your health care professional or the clinical team at BrightSky for further advice.

REFERENCES

Wicks, K. (2011). Dome Director Sydney: BrightSky Australia.