

Follow these steps for proper application:

1 Review Your Shipment: UriCap Training and Supplies

- Familiarize yourself with the products and review the application instructions (see reverse side) before applying.
- Make sure you have all supplies.
- You will also need a leg securement device to help keep the UriCap Female in place.

Don't Run Out! Call your distributor to place a re-order when you have 10 units or less.

- Watch the application instruction video at: <https://www.MyPelvicHealth.co.uk>



UK & Ireland Exclusive Sales Distribution: iMEDicare LTD - Unit 11 Shakespeare Industrial Est. Watford HERTS WD24 5RR www.MyPelvicHealth.co.uk | E: info@mypelvichealth.co.uk | T: +44 (0) 1923 23 77 95
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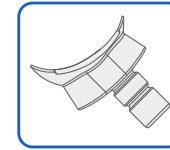
Practice assembling and applying the UriCap Female.

Be patient: You can learn to self-apply UriCap or use the help of a trusted support person.

- After learning to use the UriCap Female, it can take 1 to 5 successful applications before you feel comfortable applying the device.
- It may take up to two week of daily wear-time until you are comfortable wearing the UriCap Female this is because your body may need to adjust to wearing the device against your anatomy. You can also increase your wear time slowly while your body acclimates to using the UriCap.

Supplies

UriCap Female



Water soluble lubricant



Extension tube with connector



Urine drainage bag

Supplies From Home

Cleansing supplies such as soap and water or wet wipes

Hand sanitizer or a towelette to cleanse your hands after

Small portable mirror - for learning to apply the UriCap

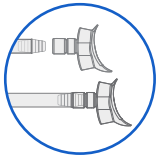
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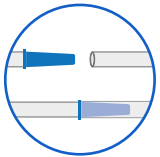
2 Set up Supplies



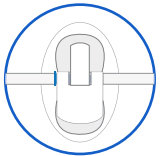
Wash hands before and after application. Gloves can be used if desired.



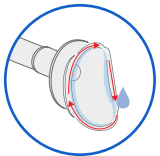
Attach UriCap to the connector and extension tube.



Attach the extension tube to the urine bag tubing.



Add the leg securement device



Add lubricating jelly to the edges of the UriCap surface.

3 Positioning

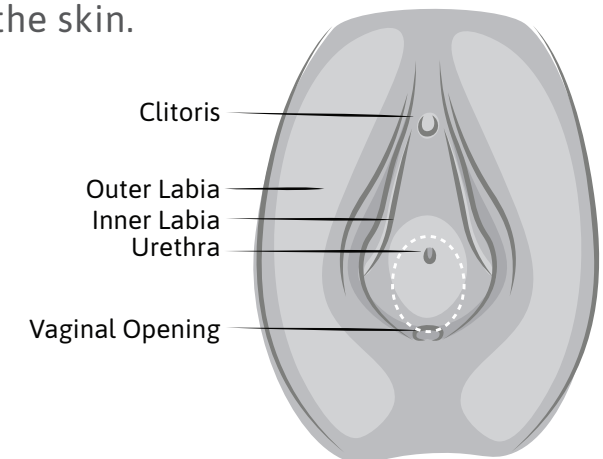
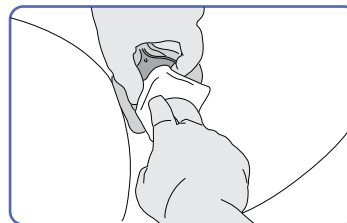
Get into the application position with your supplies, mirror (self-application), and hand sanitizer or wet wipes.

- Lay on your back with your feet spread widely. If possible, put your feet together in a frog position.
- For self-application, you may need to use pillows and a mirror to see your anatomy. You may need someone else to hold the mirror for you or prop it up on a pillow.



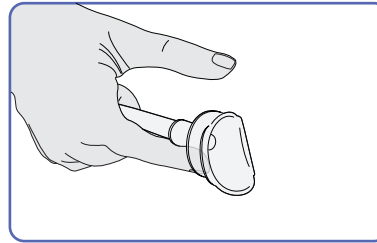
Get Comfortable with your Anatomy:

- Spread the inner and outer labia. Use your mirror to visualize your anatomy.
- Clean your anatomy from top to bottom with mild soap and water, then rinse. Leave remaining moisture on the skin.



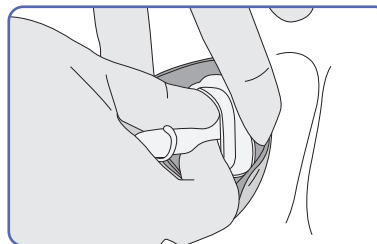
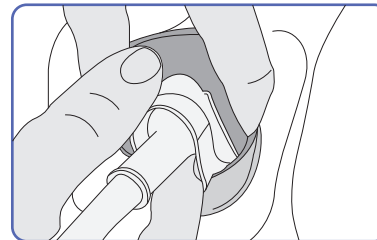
4 Holding the UriCap Female

- The UriCap Female should be held in the dominant hand.
- Hold the UriCap with the arrow facing up and with the index / middle finger in the longer lip of the device. The thumb should be free or may be under the arrow on the UriCap.



5 Apply

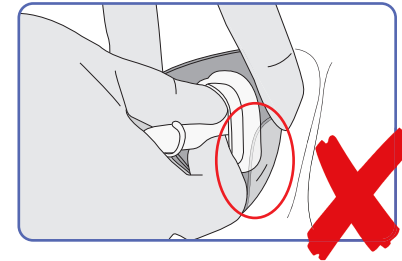
- Use your non-dominant hand to spread the outer and inner labia widely.
- Locate the vaginal opening.
- Place the longer, lower lip of the device to the upper part of the vaginal opening.
- Use the thumb to gently push the device upward to make full contact with the area around the urethra.



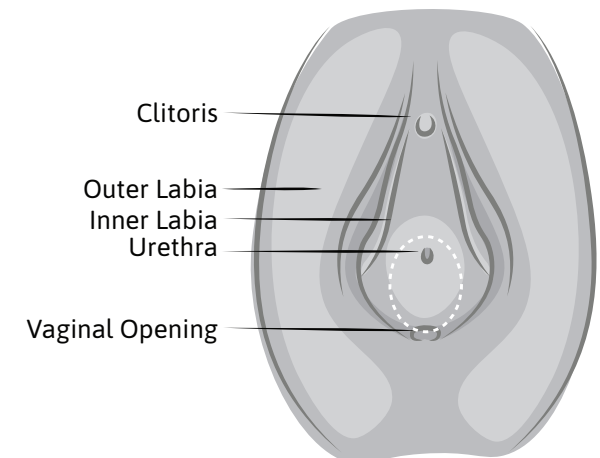
Do not push the device into the vaginal opening or rectum.

6 Complete

- Hold and count to 10 seconds **while making sure the labia are not caught under the device.**



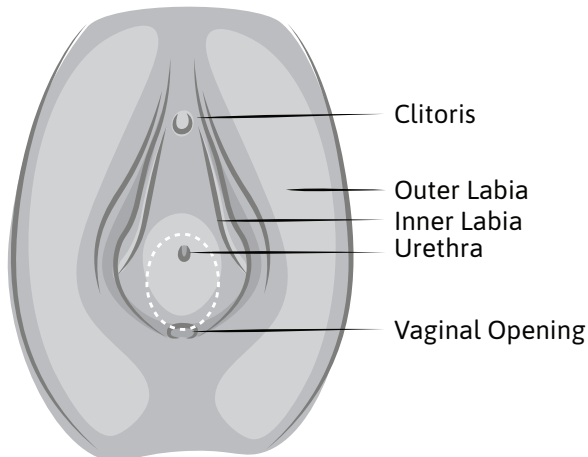
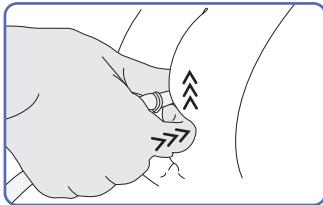
- Close the labia folds over the UriCap Female then release the hand holding the UriCap Female.
- IMPORTANT: Remain in a resting position in bed for at least one hour before a position change.**



7 Maintenance

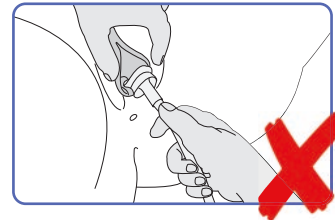
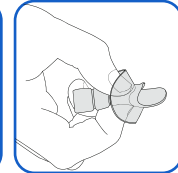
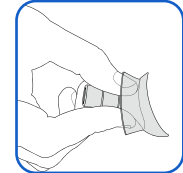
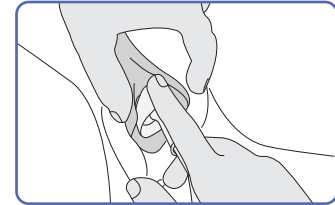
- Avoid re-opening the labia after the application is completed. Opening the labia may break the seal between the UriCap and anatomy.
- Provide care to your urinary bag per as instructed by your health provider.

IMPORTANT: Reinforce placement of the device after transfers or position changes by pushing inward with the index and thumb finger.

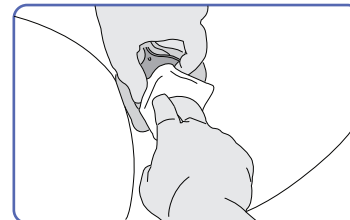


8 Removal and Changes

- Remove the extension tubing from the leg securement device.
- Spread the labia using your non-dominant hand.
- Peel the device away from the body from top to bottom.
 - You can also break the seal by squeezing together the upper and lower lips of the UriCap.
- Never pull or tug on the UriCap.**



- Dispose of the used supplies.
- Clean your anatomy and follow instructions for preparation and application.



Accessories

Securement Device



*Purchased Separately