

# Improved technology for a new outlook on continence care

**Spirit™**  
HYDROCOLLOID ADHESIVE SHEATH

## A Guide to Proper Use of Self-Adhering Male External Catheters

**BARD** | **CARE**  
Care. Comfort. Choice.

### The SPIRIT™ Sheath Advantage

The SPIRIT™ Sheath is the first and only self-adhering male sheath to combine the excellent moisture-wicking properties of a hydrocolloid adhesive with the exceptional breathability of silicone. This fusion gives users and caregivers greater confidence by helping to protect skin integrity, minimize skin maceration and maintain adhesion



#### Style 1

- ▶ Sheath length: 3" Adhesive length: 1.75"
- ▶ Soft, breathable conforming sheath
- ▶ Length and placement consistent with traditional male external catheters

| Size         |       | 30/Box REF | 100/Box REF |
|--------------|-------|------------|-------------|
| Small        | 25 mm | 35301      | 35101       |
| Medium       | 29 mm | 35302      | 35102       |
| Intermediate | 32 mm | 35303      | 35103       |
| Large        | 36 mm | 35304      | 35104       |
| X-Large      | 41 mm | 35305      | 35105       |



#### Style 2

- ▶ Sheath length: 1.5" Adhesive length: 1.75"
- ▶ Maximum adhesive area on less sheath
- ▶ Forward placement of adhesive designed to minimize unintended detachment

| Size         |       | 30/Box REF | 100/Box REF |
|--------------|-------|------------|-------------|
| Small        | 25 mm | 37301      | 37101       |
| Medium       | 29 mm | 37302      | 37102       |
| Intermediate | 32 mm | 37303      | 37103       |
| Large        | 36 mm | 37304      | 37104       |
| X-Large      | 41 mm | 37305      | 37105       |



#### Style 3

- ▶ Sheath length: 3" Adhesive length: 3"
- ▶ Additional adhesive area compared to similar self-adhering catheters
- ▶ Forward placement of adhesive designed to minimize unintended detachment

| Size         |       | 30/Box REF | 100/Box REF |
|--------------|-------|------------|-------------|
| Small        | 25 mm | 39301      | 39101       |
| Medium       | 29 mm | 39302      | 39102       |
| Intermediate | 32 mm | 39303      | 39103       |
| Large        | 36 mm | 39304      | 39104       |
| X-Large      | 41 mm | 39305      | 39105       |

Summary of Indications & Warnings: Male external catheters are intended for use by male patients for the management of male urinary incontinence. Reuse of a single use device may create a risk of patient or user infection; compromise the device which may lead to device failure and/or injury, illness or death of the patient. Use of a single device for longer periods than 24 hours may increase the risk of complications. Do not use on irritated or compromised skin. Please consult product labels and inserts for more detailed safety information and instructions for use.

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If printing the SPIRIT™ Sheath User Pamphlet, the sizing guide may not print to correct dimensions. Please contact your healthcare professional for proper sizing assistance.

Sizing  
Guide  
See Instructions  
on Other Side

29 mm  
Medium

32 mm  
Intermediate

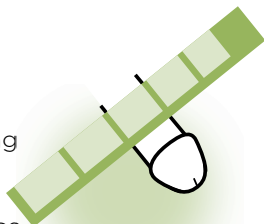
36 mm  
Large

41 mm  
X-Large

# Follow these simple steps for application and removal to assure safety, security, and comfort.

## Sizing

Select the proper size by using the attached sizing guide. Place the sizing guide across the shaft of your penis to find the corresponding size. For comfort and effectiveness, choose the size closest to your penis width.



## Gather Your Supplies

You will need a catheter, a collection bag with connecting tube, non-pointed manicure scissors, soap (do not use soaps that leave a cream or greasy residue on the skin), washcloth and towel.



## Trim Pubic Hair

Always wash your hands before beginning. Trim hairs on the shaft and base of your penis, and any other pubic hair that might interfere with the adhesive on the catheter.



## Cleanse Your Penis

In order for the catheter adhesive to perform properly, the skin must be clean and very dry. Wash your penis with mild soap (does not contain artificial fragrance) and warm water. Be sure to allow the area to dry completely before proceeding.



## Application and Positioning

Place the rolled self-adhering catheter over the penile tip. Slowly and carefully unroll the catheter, leaving just enough space in the funnel end so the tip of your penis does not rub against the inside of the funnel. 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 catheter. Gently squeeze the catheter to properly seal it to the skin. Wear time may be significantly reduced if adhesive is not properly sealed.



Note: Too many wrinkles in the catheter may indicate that an inappropriate size has been selected. A smaller catheter may be more effective.

## Connect to Drainage Device

Strap the drainage device to your thigh or calf, depending on your activities and your clothing. Connect one end of the tubing to the catheter and cut the tubing to a comfortable length. Connect the cut end to the leg bag. Always empty your leg bag before it becomes uncomfortably full and pulls on the catheter.



## Wear Time

Wear time will vary from user to user. For proper hygiene it is recommended that a male external catheter be changed every 24 hours.



## Remove the Connections

Clamp the connecting tube closed before removing the leg bag. Release the leg straps and disconnect the tubing at the top of the bag.

## Remove the Catheter

Gently roll the external catheter forward and off the penis. To help loosen the adhesive prior to removal, apply a warm wet compress (such as a wet washcloth) around the catheter.



Place catheter Sizing Guide next to penis shaft and select corresponding Catheter size  
See Other Side for Catheter Sizes

The information provided here by BARD is not intended to be used in place of a visit, consultation, or advice of a medical professional.