Male External Sheaths
A Guide from Hollister Continence Care
External Urinary Sheaths
An Overview

If you have urinary incontinence, external sheaths can provide a good alternative to other devices designed to direct and collect urine e.g. absorbent products (pads).

Sheaths are sometimes called condom catheters, uridomes or external sheaths and are similar to contraceptive condoms. They fit over the penis and are mostly ‘self-adhesive’. Sheaths are usually connected to, and drain into, a urine drainage bag most commonly attached to the leg via straps, commonly referred to as a urinary leg bag. Other methods of supporting the drainage bag are available depending on your circumstances (e.g. bedridden).

Sheaths are a popular and effective alternative to absorbent pads. Sheaths are a popular alternative to pads and can offer less restriction to activity and greater comfort than indwelling catheters.

They are liked for their ability to keep urine away from the skin (as it is channelled straight into a collecting device), and are generally suitable for men with all degrees of mobility, including wheelchair users.

Specialist continence nurses have the knowledge and skills required to discuss your specific needs and fit a device with the best chance of it working successfully. Talk to your continence nurse or healthcare professional about your needs.

Men sometimes report that using a mix of products can give them the flexibility they need in different circumstances and/or during different activities. For example, you may find that wearing a sheath when you are going out and an alternative product, such as a pad, when you are at home is a useful combination. It is worth trying and discussing different combinations to see which works for you.

For more information
Australia 1800 335 911
New Zealand 0800 167 866
In 2010, nearly 4.8 million Australians aged 15 years or over, were living with incontinence.

Important Sheath Features to Consider

**Material**
Sheaths are usually made from silicone rubber. Most men prefer silicone sheaths, as they are compatible with most skin types and reduce allergy risk. Silicone is transparent allowing you to see your penis skin without removing the sheath itself. However, this is not a substitute for direct inspection of your penile skin (without the sheath) from time to time.

**Size**
Sheaths are supplied in a range of lengths and sizes. Most companies supply them with diameters in the range of about 20-40mm (in 5-10mm increments). This variation ensures that you have a sheath which is the correct size for you – this is very important for comfort, safety and to reduce leakage potential.

**Anti-kinking / twisting features**
Some sheaths come with features intended to improve drainage by reducing kinking and twisting at the end of the sheath near the connection to the drainage bag tubing. Hollister InView sheaths come with this feature.

**Anti ‘blow-off’ features**
Some sheaths come with features intended to reduce the likelihood of ‘blowing off’ at high urine flow rates such which occur at the beginning of the urine flow. For example, the end of the sheath may be thickened and bulbous to stop the internal walls sticking to one another between urine flows. Silicone sheaths are less likely to ‘blow off’. Hollister InView sheaths have a wide bore outlet reducing the risk of ‘blow-off’.

**Features for penile retraction (short penis length)**
Retraction of the penis is quite common amongst older men and those who have had treatment for urological conditions e.g. prostate surgery. Shorter length sheaths with wider adhesive bands are designed to enable sheaths to be secured where penile length is reduced.

**Drainage bag support**
Body-worn urine drainage bags are usually secured to the leg (leg bag) using leg straps or can be suspended from a waistband. Check with your healthcare professional about which method will work best for you.

**Alternatives to drainage bags**
If leakage is very light or only during particular activities (e.g. swimming), some men connect a catheter valve (similar to a tap) directly to the sheath.

Your healthcare professional will be able to assist/advise you on the features required to best meet your needs. Always discuss your concerns and questions with your healthcare professional.

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• Men have reported that staying in place and not leaking, comfort and ease of use are the most important aspects of sheath use. An effective sheath should stay in place for an acceptable length of time (usually up to 24 hours). It should be leak free, comfortable to wear, easy to apply and remove, avoid skin damage and channel urine effectively into a urine drainage bag.

• The key to successful sheath use is appropriate selection and fitting; if you can fit the sheath easily then it is more likely to successfully stay in place. Selection, fitting and monitoring of sheaths and their accessories, especially leg bags is best done by a healthcare professional.

• Good genital hygiene and ensuring a good free flow of urine through the sheath (by checking and releasing/twisting of the sheath) is important for skin health and to prevent urine pooling in the sheath.

Sheaths may not be recommended:
• When there is decreased sensation in the genital region e.g. spinal cord injury, spina bifida.
• If you have skin conditions/allergies on or around the genitalia.
• Sheaths are less suitable for men with very short penile length or penile retraction which can occur after treatment for urological conditions e.g. prostate surgery. However, there are specialist sheaths designed to overcome this problem.
• Sheaths may also be unsuitable if you have significant mental health issues at the present time. Your healthcare professional will be able to advise you.

Sheaths are MORE likely to be effective if:
• You wish to avoid using pads
• Using a device (as opposed to a pad or catheter) is acceptable to you
• You wish to avoid the inconvenience of frequent pad changes
• You have found indwelling catheters to be uncomfortable (sheaths tend to be more comfortable than indwelling catheters)
• You have had a problem with infection with indwelling catheters (sheaths are associated with less infection than indwelling catheters)
• You have good hand control
• You have good memory and mental function

Are there any disadvantages to using a sheath?

Although sheaths can be useful devices, they are not perfect. Some disadvantages to their use include:
• Sexual activity - sheaths need to be removed and pads may be a more suitable alternative for the sexually active user.
• Failure of the sheath to stay in place - careful fitting of the sheath and securing of the drainage bag and tubing with appropriate straps or a Leg bag support garment will help here.

A drainage bag heavy with urine will pull down on the sheath, if not properly supported. Try supporting the drainage bag higher on your leg (even on the thigh) for added security.

You might want to investigate holsters (Hollister codes 9612/9613/9614 S/M/L sizes) as an effective alternative to hold the bag in place and the Hollister deluxe urinary leg bag straps (9663/9660/9661/9662 sizes).

Sheaths are LESS likely to be effective if:
• You have skin damage on or around the penis. It may be recommended to use pads until the skin has healed
• You experience regular urinary tract infections (UTI)
• You don’t have appropriate hand strength and ability to put the sheath on and off each day by yourself. Although someone else may be able to assist you as a solution to this challenge

• Skin damage - May occur through use of sheaths. This risk can be minimised by keeping your penis skin clean (with unscented soap and water). Use silicone sheaths and regularly examine the skin (especially on the underside of the penis).

• Infection - The risk of infection can be reduced by preventing the sheath or drainage tubing from kinking, thereby ensuring free flow of the urine from the bladder into the drainage bag. Using wide bore outlet sheaths will also assist here.

Try using products with an anti-kink feature. Some drainage bags have anti-kink tubing, such as the Hollister range. Regular and thorough genital hygiene is also important for reducing the risk of infection.
Hollister InView Male Sheaths
Comfort and Confidence

The InView Male External Sheath is made of silicone (100% latex-free) and delivers both comfort and confidence. Combined with Hollister's leg bags and associated accessories, you will be comfortable, confident and well supported every day.

Engineered of clear, breathable silicone, the InView Male External Sheath features three styles to suit a variety of individuals: Special, Standard and Extra. Each has a different sized adhesive band width. Each one of these styles has five colour coded sizes to meet your personal requirements.

InView Standard  
Regular length and adhesive width for everyday wear

InView Extra  
70% more adhesive than the InView Standard catheter for added security

InView Special  
Shorter sheath length accommodates a wide range of needs

The following image shows the three InView sheaths with the different adhesive band widths to meet your needs.

Using your Hollister InView Sheath

Selecting the Proper Size

Use of the correct sized sheath will ensure maximum wear time and comfort. Following are some useful tips:

- Use the Hollister Sizing Guide to determine correct size needed. Do not rely on your judgment.
- Place the Hollister sizing guide over the widest part of the penis.
  - In cases of shorter penis length, select the InView Special sheath.
  - When a larger adhesive band is needed, select the InView Extra catheter.
- InView Standard sheaths will meet most needs.

All Hollister sheaths feature:

- Latex-free with soft, breathable silicone designed to be non-irritating and comfortable - low chance of irritation
- Are transparent — providing an easy way to check your skin health
- 24-hour wear time expectation and with the skin friendly adhesive balancing secure fit with easy removal
- Five sizes in colour-coded packaging for easy identification and selection to help ensure a proper fit
- A tapered tip helping ensure a secure connection and fit most leg and night drainage bags.

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<thead>
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<th>Colour</th>
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<tr>
<td>Small</td>
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<td>Medium</td>
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<tr>
<td>Intermediate</td>
<td>32mm</td>
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<tr>
<td>Large</td>
<td>36mm</td>
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<tr>
<td>Extra Large</td>
<td>41mm</td>
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**Tips for Use**

1. Clean and thoroughly dry the penis. Do not use lotions, powders or ointments on the skin. Trim hair as needed. Be sure to have clear view and access to the area.

2. Be sure to open the packet using the perforated strip at the top edge of the packaging.

3. If using an InView Special or Extra external sheath, first remove protective cap from the catheter (Figs. 1 and 2 on right).

4. Unroll the catheter gently onto the penis. Try to unroll the sheath as evenly as possible along the shaft (Fig. 3).

5. Gently squeeze the applied sheath to ensure good contact between the adhesive and the skin for about 10 seconds (Fig. 4).

6. Connect to a bedside collector or a leg bag, as relevant. Ensure a good fit between tubing connectors.
   - Secure the tubing leading to either a leg bag or gravity drainage bag to the your thigh to prevent unnecessary tugging on the catheter.
   - Position the tubing for the leg bag or gravity drainage bag below the level of the bladder.

7. For easy removal, moisten the skin either in the shower, bath or with a moist towel. Gently roll the sheath off – reversing the method used to apply (Fig. 5).

8. Hollister recommends changing the sheath every 24hrs for hygiene reasons. You might find it useful to change each morning as a routine after you wash.

9. If possible, you should either be standing or lying prone to allow best fitting.

10. The use of a hand towel with hole in centre to hold back hair while applying the sheath can also work well. You should still trim excess hair.

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**Fig 1.**

**Fig 2.**

**Fig 3.**

**Fig 4.**

**Fig 5.**
Frequently Asked Questions

**Q: How long do these catheters stay on?**
**A:** A variety of factors such as application technique, individual anatomy and condition of the skin may influence wear time. With proper application, you can expect up to 24-hours wear time.

**Q: Is sizing important in selecting the right external sheath?**
**A:** Yes. The Hollister sizing guide is available to help in proper catheter size selection. If the patient is between sizes, select the larger of the two sizes, apply the catheter and crimp the excess silicone material on the shaft so the urine does not channel beneath the catheter and leak.

**Q: Is the InView Special catheter only for men with a short shaft?**
**A:** No. Some users simply prefer a shorter sheath. The adhesive of the InView Special version is adequate to hold the catheter. For some men, a shorter sheath is a matter of preference or comfort.

**Q: How should I clean the bedside collector or leg bag used with an external sheath?**
**A:** There are several commercially available products to clean urine collection devices. Talk to your healthcare professional for advice.

If you are using Hollister leg bags:
1. Remove leg bag daily
2. Empty all urine from leg bag into toilet
3. Close outlet tap, fill leg bag with cold tap water and shake vigorously
4. Empty water through drainage outlet into toilet and repeat steps 3 and 4
5. Refill bag with decontaminant solution and agitate for 30 seconds
6. Drain solution into toilet, open outlet and hang leg bag in shaded place to air dry
7. All parts must be completely dry before the next use
8. Replace leg bag weekly or at sign of wear and tear.

**Decontaminant Solution Preparation**
- **Option 1:** Household detergent solution. Dilute 5ml detergent in 150ml of warm tap water.
- **Option 2:** Weak vinegar solution (for odour removal). Dilute 30ml vinegar in 120ml of cold tap water.

**Q: What is the best way to remove the external sheath?**
**A:** Gently roll the catheter off the skin. Use of a warm, wet washcloth, held over the catheter for approximately 30 seconds may help weaken the adhesive for easier removal in some cases. Adhesive remover wipes may also be helpful.

**Q: Can external sheaths be used on an uncircumcised penis?**
**A:** Yes. Apply the sheath with the foreskin in its natural position.

Hollister InView Urinary Leg Bags

Hollister has a range of leg bags to suit a variety of needs. These are designed to match the Hollister sheaths in important ways, such as matching the wide bore outlet of the sheaths. Without this match, there is risk of bore size incompatibility which can cause excessive pressure issues and possible leakages. Available in 500ml and 800ml capacities, the leg bags have a range of inlet tubes lengths, 10cm and 50cm, depending on bag volume. The tubing can be cut to length to suit individual needs.

Hollister also have available Night Drainage Bags which are specially designed with a larger volume capacity (2000ml), wide bore inlet tubing, special holes to hang on a night stand and a secure drainage outlet tap. Talk to your healthcare professional or continence supplier for more information.

**Designed to be discreet and comfortable**
- Soft fabric backing – waterproof on the body side and soft against the skin
- Anti-reflux valve – helps prevent the risk of urinary tract infections
- Wide bore flexible tubing – allows for quick and easy drainage preventing back flow of urine when using with InView Sheaths and indwelling catheters.

**Designed for reassurance**
- Lever tap on bags – simple, safe, effective. Designed for people with limited dexterity and has a reassuring ‘click’ sound when the tap is closed.
- Hollister leg bags maintain a low profile as they rest discreetly against the leg.

The InView sheaths and leg bags are part of a complete bladder management system from Hollister – catheters, leg bags, tubing, and straps. Be sure to contact your local healthcare professional for product information and advice.
For specific Hollister product information, you can also call Hollister directly:

Australia 1800 335 911
New Zealand 0800 167 866

Email us: customerservice@hollister.com.au
View our website: www.hollister.com and select Australia.

Other Resources and Assistance

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<td>Continence Foundation of Australia</td>
<td>1800 33 00 66</td>
<td><a href="http://www.continence.org.au">www.continence.org.au</a></td>
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<td>Multiple Sclerosis Society of Australia</td>
<td>1800 042 138</td>
<td><a href="http://www.msaustralia.org.au">www.msaustralia.org.au</a></td>
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<td>Spina Bifida Association</td>
<td>03 9663 0075</td>
<td><a href="http://www.sbfv.org.au/resources">www.sbfv.org.au/resources</a></td>
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<td>Alzheimer’s Association</td>
<td>1800 639 331</td>
<td><a href="http://www.alzheimers.org.au">www.alzheimers.org.au</a></td>
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<tr>
<td>Parkinson’s Australia</td>
<td>1800 644 149</td>
<td><a href="http://www.parkinsons.org.au">www.parkinsons.org.au</a></td>
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<tr>
<td>Paraquad Association of Victoria</td>
<td>1800 805 384</td>
<td><a href="http://www.paraquad.asn.au">www.paraquad.asn.au</a></td>
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<tr>
<td>Paraquad Association of New South Wales</td>
<td>02 8741 5600</td>
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<td>Paraquad Association of South Australia</td>
<td>08 8355 3500</td>
<td><a href="http://www.paraquad-sa.asn.au">www.paraquad-sa.asn.au</a></td>
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<td>Paraquad Association of Tasmania</td>
<td>03 6272 8816</td>
<td><a href="http://www.paraquadtas.org.au">www.paraquadtas.org.au</a></td>
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<td>Carers Australia</td>
<td>1800 242 636</td>
<td><a href="http://www.carersaustralia.com.au">www.carersaustralia.com.au</a></td>
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<tr>
<td>Spinal Cord Injury Australia</td>
<td>02 9661 8855</td>
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<td><a href="http://www.continence.org.nz">www.continence.org.nz</a></td>
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<td></td>
<td>0800 650 659</td>
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<tr>
<td>Spinal cord injuries – ACC.</td>
<td>1800 042 138</td>
<td><a href="http://www.acc.co.nz/index.htm">www.acc.co.nz/index.htm</a></td>
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Reimbursement

You may be eligible for State and/or Federal subsidies for your condition. Please talk to your healthcare professional for advice and direction. A number of programs are available. You can also contact the Continence Foundation of Australia.

Funding in NZ varies is dependent on individual circumstances. Please consult your health professional for advice and direction.

Personal Information

Healthcare Professional: __________________________
Contact details: __________________________
Sheath details: Make/Name: __________________________
Size / Style: __________________________
Product code: __________________________
Leg Bag details: Make/Tube length: __________________________
Other information: __________________________
Questions for your Healthcare Professional: __________________________

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