

Your guide to

Male external catheters



What is a male external catheter?

A male external catheter is a device that fits over the penis to collect urine. Unlike internal catheters, which are inserted into the bladder, the external catheter remains on the outside of the body. This simple, non-invasive device offers an effective solution for men who experience urinary incontinence.

How do male external catheters work?

The male external catheter works by creating a secure, leak-proof seal around the penis, directing urine into a drainage bag. The catheter is designed to be soft and breathable, typically made of silicone, which helps maintain skin integrity even with prolonged use. GBUK offers male external catheters that feature a skin-friendly adhesive, which helps keep the catheter securely in place for longer periods and reduces the risk of accidental detachment. This makes the device both practical and comfortable, offering peace of mind to users.

The male external catheter is attached with a transparent sheath that allows healthcare providers and caregivers to easily inspect the skin beneath the catheter. This transparency is critical for monitoring skin health as it helps detect any irritation or infection early. Moreover, the breathable material used in these catheters promotes airflow, which helps prevent moisture build-up and skin issues, making them more suitable for long-term wear.



Key features

GBUK silicone male external catheters are designed with several features that enhance their usability and comfort. One of the stand out features is the use of soft, breathable silicone, which provides a high level of comfort and helps maintain optimal skin integrity. This ensures that patients can wear the catheter for extended periods without experiencing discomfort or irritation.

The adhesive used in these catheters is skin-friendly, promoting a secure fit while minimising the risk of skin damage. This allows for increased wear time without the need for frequent adjustments or replacements. They have also been tested to ensure the adhesive lasts in a moist environment for warmer weather, sports and enabling you to shower. As the silicone is transparent you can also visibly see your skin to ensure its integrity.

Male external catheters are a practical and effective solution for managing urinary incontinence in men, leaving you free to enjoy your life.



Application of male external catheter

 Before use, always consult the 'Instructions for Use' document delivered with the products.

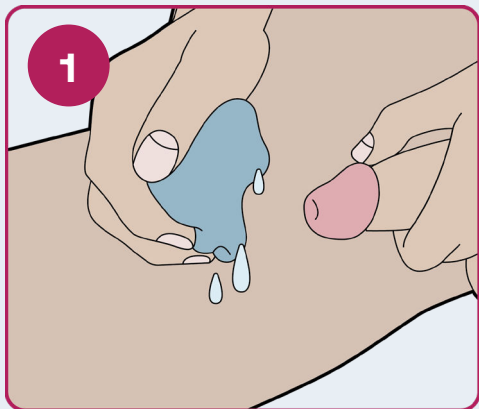
For good hygiene, change catheter daily.

To help ensure proper adhesion, apply to clean, dry, intact skin. Do not use lotions, powders, or ointments on the skin as these products may interfere with adhesion of the product. Contact a healthcare practitioner for help with the product if you notice skin irritation. In case of serious injury (incident) in relation to your use of the product, please contact your local Health Care Professional.

To prepare

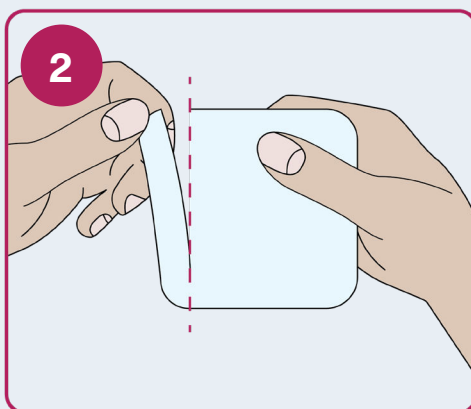
Verify correct product size prior to use.

Trim pubic hair, avoid shaving, as this can cause irritation.



Wash and Dry

Wash your penis with mild soap and warm water. Rinse well and dry the area thoroughly.

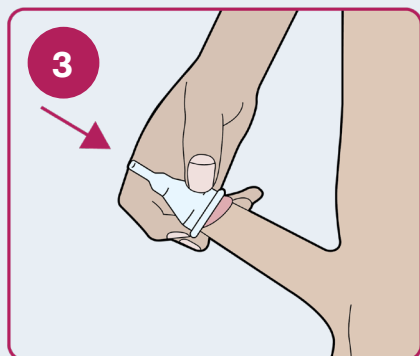


Open the package

Open the catheter packaging along the perforated edge. Do not pull the pouch apart, as this may damage the catheter.

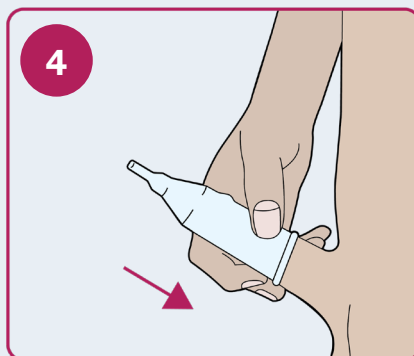
Application of male external catheter

To apply



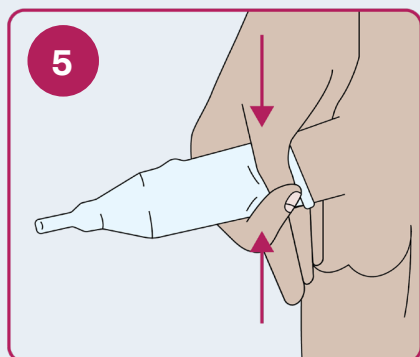
Place the catheter

Place the catheter over the penis. Make sure the tip of the penis rests against the inside of the catheter. Gently hold the tip of the catheter between your thumb and forefinger. If you are not circumcised, leave the foreskin in its natural position. Do not pull it back or pinch it.



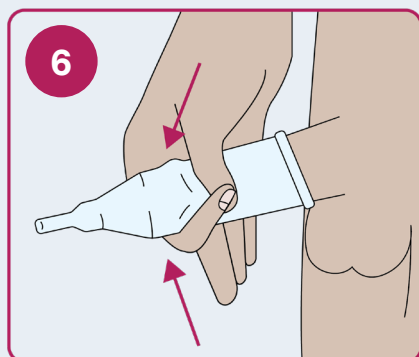
Unroll the catheter

Slowly unroll the catheter down the penis. Try to keep it smooth with as little wrinkling as possible until fully unrolled.



Secure the seal

If there is extra material, press it gently against itself to help create a secure seal and prevent leaks.



Secure the fit

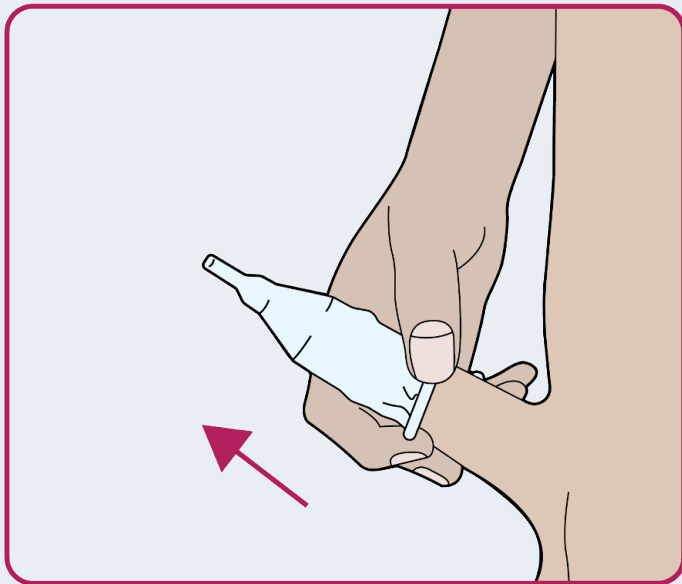
Hold the catheter in place around the shaft of the penis for about 10 seconds to allow the adhesive to stick properly.

To connect this product to a drainage system, refer to the instructions for use packed with that product.

Removal of male external catheter

To remove and dispose

Disconnect from the drainage system, as per IFU gently roll the catheter forward and off the penis.



Removal of the catheter

If needed, place a warm, wet cloth around the catheter to help loosen the adhesive. you can also remove it in the bath or shower. Dispose of the catheter according to local waste guidelines.

Top tips:

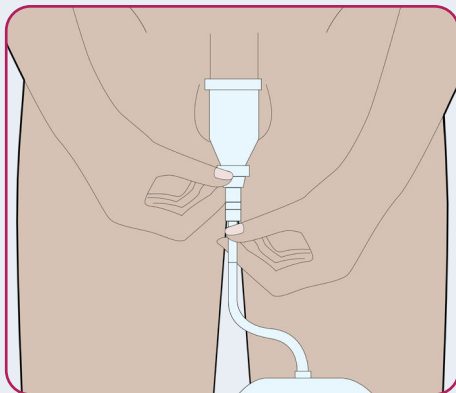
- The penis and surrounding skin should be washed daily with a fragrance-free/oil-free soap and dried thoroughly.
- It is recommended that you leave the foreskin to dry for at least 30 minutes prior to catheter application.
- If preferred patients can always ask their prescription provider to prescribe some adhesive removal spray.

About your leg bag

Attaching your leg bag

Leg bags come with different lengths of tubing allowing you to have the choice of wearing your leg bag on your thigh or calf.

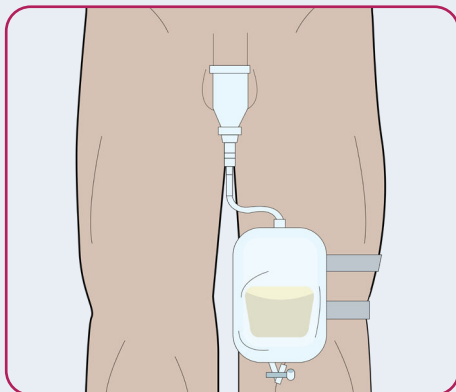
- Remove the leg bag from its packaging and remove the cap from the tube.
- Insert the connector of the leg bag into the sheath nozzle and check that the connection is secure.
- Ensure there are no kinks in the tube and the leg bag is positioned so that the urine can flow downwards into the bag.
- Ensure that the leg bag is secured to the leg using either straps or supportive sleeve.
- A catheter retaining strap or adhesive fixation may also be used to secure the leg bag tubing to prevent “dragging” on the catheter.
- The leg bag can be used up to 5-7 days.



Insert the connector of the leg bag into the catheter nozzle.

Emptying your leg bag

- Check your bag every 2-3 hours and empty it when it is 2/3 full, do not let your leg bag get overly full and heavy as it will pull on the catheter.
- Wash and dry your hands.
- Open the tap at the bottom of the leg bag and empty the urine into a clean container (kept only for this) or directly into the toilet.
- Close the tap and wipe it dry with a clean tissue.
- Wash and dry your hands again.



Ensure the leg bag is positioned so that the urine can flow downwards into the bag.

About your night bag

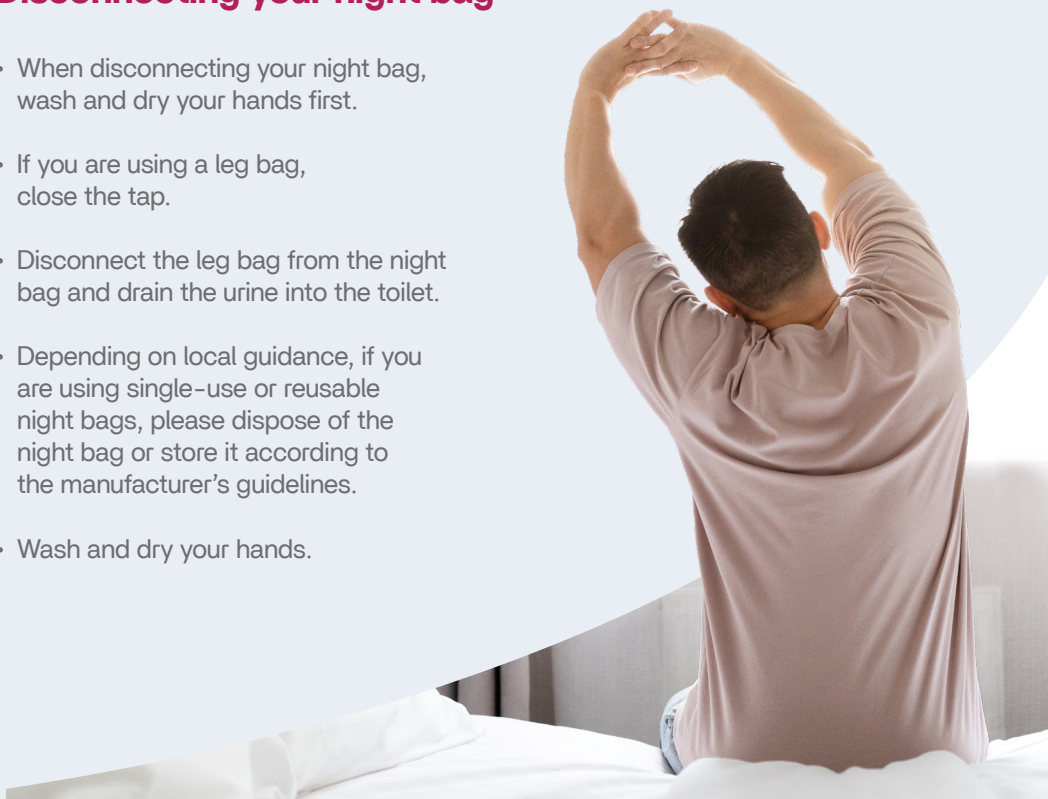
Fitting your night bag

Night bags hold approximately 2000mls.

- A leg or nightbag can be connected directly to the spout of a catheter.
- If using just a night bag, remove the cap from the connector and push the tip of the night bag into the the tap at the end of the catheter.
- If connecting night bag to the leg bag, empty the leg bag first and close tap. Connect the night bag and ensure the leg bag tap is set to 'open'.
- Loosen the leg bag straps as needed for comfort, or remove completely while in bed.
- Ensure the night bag is connected to a bedstand or bed hanger.

Disconnecting your night bag

- When disconnecting your night bag, wash and dry your hands first.
- If you are using a leg bag, close the tap.
- Disconnect the leg bag from the night bag and drain the urine into the toilet.
- Depending on local guidance, if you are using single-use or reusable night bags, please dispose of the night bag or store it according to the manufacturer's guidelines.
- Wash and dry your hands.



Your catheters and supplies

Prescriptions for catheters and associated supplies are generated by your local GP, these prescriptions can be sent via EPS* (Electronic Prescribing Service) to your nominated pharmacy or Home delivery contractor.* If you are using a local pharmacy, it is wise to allow enough time for them to order your items, as it is rare that they are held in stock and sometimes this can take a few days for them to come in.

Home delivery offers an easy, convenient and free of charge delivery of your items. This route will also provide you with additional complementary items such as wipes and disposable bags.

Make life easier for yourself and have your catheters and supplies delivered directly to your door, when you need them, free of charge.

www.gbukgroup.com/gbukcare

Phone 0800 0113 209



*EPS applies to patients in England only. For Scotland and Wales you may be provided a printed prescription. Delivery times may vary depending on location.

Product codes

Product Ordering Codes:

Description	Product code	Pip Code
25mm regular self-adhesive silicone male external catheter	GBS25	438-5811
29mm regular self-adhesive silicone male external catheter	GBS29	438-5829
32mm regular self-adhesive silicone male external catheter	GBS32	438-5845
36mm regular self-adhesive silicone male external catheter	GBS36	438-5803
41mm regular self-adhesive silicone male external catheter	GBS41	438-5837
25mm wide self-adhesive silicone male external catheter	GBW25	438-5761
29mm wide self-adhesive silicone male external catheter	GBW29	438-5779
32mm wide self-adhesive silicone male external catheter	GBW32	438-5787
36mm wide self-adhesive silicone male external catheter	GBW36	438-5795
41mm wide self-adhesive silicone male external catheter	GBW41	438-5753
25mm pop-on self-adhesive silicone male external catheter	GBP25	438-5852
29mm pop-on self-adhesive silicone male external catheter	GBP29	438-5878
32mm pop-on self-adhesive silicone male external catheter	GBP32	438-5886
36mm pop-on self-adhesive silicone male external catheter	GBP36	438-5860
41mm pop-on self-adhesive silicone male external catheter	GBP41	438-5894



41mm

36mm

32mm

29mm

25mm

Measuring Guidance:

Place the Measuring Guide at the middle of the shaft of the male organ, when it is flaccid. Place the male organ in the arcs to determine the best fit.

*Measurements are close approximations.



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Please contact us on:
0800 0113 209

for your free hygienic copy
of our MEC Measuring Guide
or cut precisely around the
template on this page.

GBUK Group Ltd.

Woodland House,
Blackwood Hall Business Park,
North Duffield, Selby, North Yorkshire,
YO8 5DD, UK

T +44 (0) 1757 288 587

E info@gbukgroup.com

W www.gbukgroup.com



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