

Uridomes

A uridome is applied over the penis in much the same way as a condom. It is made of silicone and is self-adhesive. It can be used for 24 hours, and may be used during the day, or at night, or both, as required. A drainage bag is firmly attached to the end of the uridome.

How to apply

1. Carefully clip pubic hair around base of penis to avoid long hairs getting caught.
2. Wash genital area with soap and water, including under foreskin, if present.
3. Dry well. Avoid talcum powder or creams.
4. Wash hands. If foreskin is present, ensure it is forward not retracted.
5. Hold penis and unroll the uridome all the way down over the penis leaving a small gap at the head of the penis. This avoids tightness and provides a reservoir area for urine. Make sure there are no wrinkles in the uridome.
6. Place hand around penis for 30 seconds. The heat from your hand helps the uridome to adhere.

Drainage Bags

Day Bags (500mls) Night Bag (2000mls)

- Attach a Day or Night Bag directly on to the end of the uridome
- For Day Bag - place onto lower leg (inside or outside) with a pair of straps. Empty day bag every three to four hours
- For Night Bag - Place night bag in bucket or similar beside the bed
- Wash both Bags Daily with water and detergent
- Replace Both Day and Night Bag weekly

NB: If the urine output overnight is large, the night bag can be attached to the end of the day bag. Remember to leave the valve of the day bag open to allow the urine to flow through into the night

bag. Do not leave day or night bags immersed in fluid.

Tips

- Do not apply uridome over broken skin
- Observe the skin for any rash, abrasion or bruising (the uridome may be too tight)
- Check that the outlet of the uridome is not kinked, blocking the flow or urine. Backflow of urine may cause the uridome to come off
- Also check tubing for kinks
- Emptying the day bag regularly will prevent it becoming too heavy and pulling on the uridome

To Remove Uridome

- Apply liquid soap or shampoo on to fingertips while in the shower
- Roll uridome downward until it is removed
- Do NOT discard into toilet – dispose into plastic bag and discard with rubbish

Supply

After a successful trial of uridomes (there is no charge for these), your on-going supplies will be sent directly to your home. Your district nurse will tell you in more detail. You will need to take your supplies with you when you go on holiday or you go into hospital.

If you no longer require the products please let your district nurse know.

Contact us

If you wish to contact a district nurse phone:

Wellington: (04) 806 2556

Kenepuru: (04) 918 2011

Kapiti: (04) 903 0224