

UriCap Female User Guide

Practice is important to your long-term success using UriCap Female!

When learning to use and apply the UriCap, be patient with yourself. You can learn to self-apply the UriCap or use the help of a trusted support person.

Many women learn to apply the UriCap on the very first attempt, but some may take up to 2 weeks of practice to learn the application process.

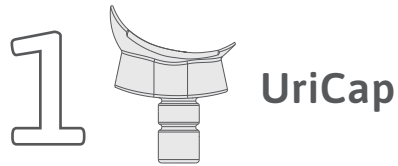
The reward is a night without wetness and interrupted sleep! While learning UriCap, we recommend placing an absorbent pad under you until you are applying UriCap confidently.

A Review Your Shipment: UriCap Training and Supplies

- a. Familiarize yourself with the products and review the application instructions (see reverse side) before applying.
- b. You will also need a tubing securement device to help keep the UriCap in place.
- c. Watch the application instruction video at:
<https://www.tillacare.com/videos>



1 Review the Shipped Supplies



Tubing Securement

- Tubing securement is vital for UriCap success.
- Tubing securement devices are changed about once every 3 days or when soiled.
- Purchase tubing securement device when ordering UriCap from your *Supply and Distribution Partner*.

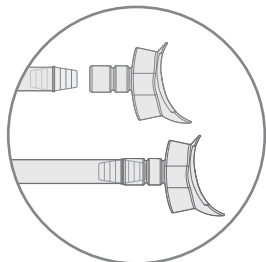
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Collect Supplies from Home and Assemble UriCap

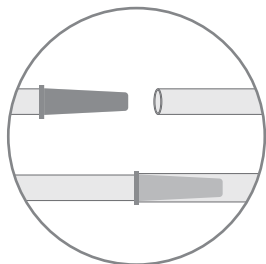
- a. Hand sanitizer or a towelette to cleanse your hands after applying UriCap.
- b. Cleansing supplies such as soap and water or wet wipes to clean the area.
- c. Small portable mirror for learning to apply the UriCap.



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



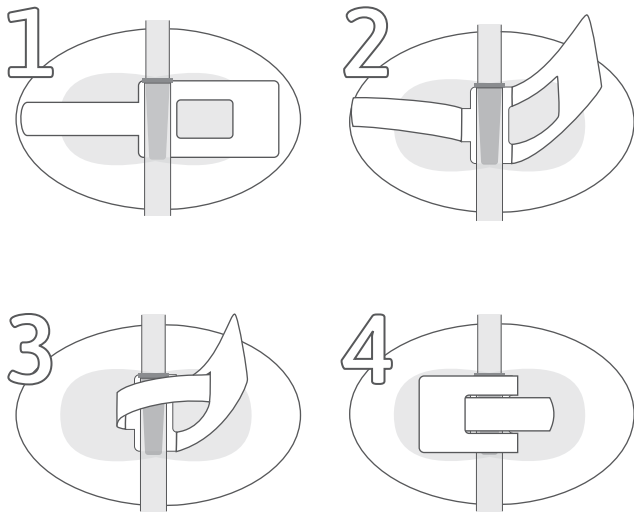
Attach UriCap to the connector and extension tube.



Attach the extension tube to the urine bag tubing.

IT IS IMPORTANT THAT ALL CONNECTIONS BE SECURE WITHOUT A GAP BETWEEN THE PARTS

Add the tubing securement device to the assembled tubing

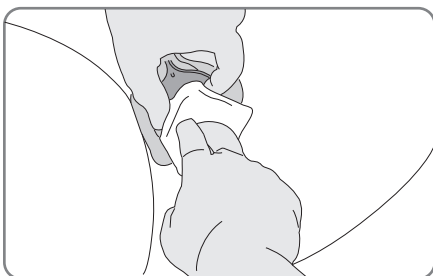


- Place the assembled tubing in the middle of the white stripe, at the urine bag connector part.
- Grasp both tabs and feed single tab through opening in the double tab.
- While grasping both tabs, pull them in opposite directions until the device tubing is snugly captured and close the Velcro base surface.



Add lubricating jelly to the edges of the UriCap surface. **Avoid applying the jelly inside the UriCap as it will clog the device.**

Clean your Body



Clean your perinium from top to bottom with mild soap and water, then rinse. You may decide to use wet wipes to clean. Leave remaining moisture on the skin.



3 Positioning

Get into the application position with your supplies, mirror, and hand sanitizer

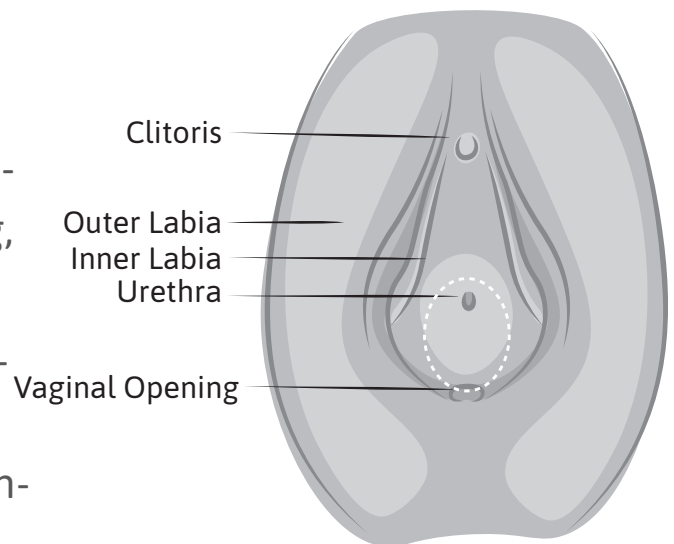
- a. Lay on your back with your feet spread widely with your feet together in a frog position.
- b. For self-application, you may need to prop yourself up with pillows and use a mirror to see your perinium.
- c. You may need someone else to hold the mirror for you.



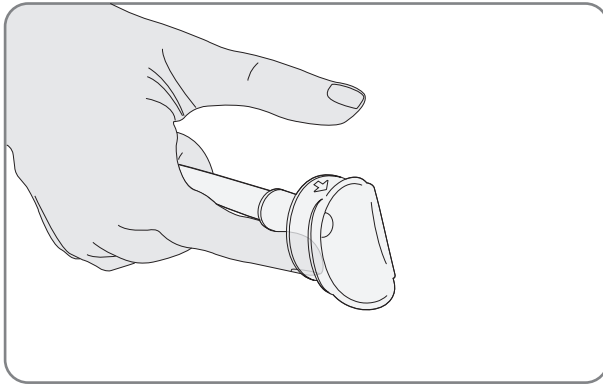
Get Comfortable with your Body and Perinium

Spread the inner and outer labia. Use your mirror to visualize your Perinium.

- e. Locate the clitoris, outer labia, inner labia, and vaginal opening.
- f. The UriCap will sit under the clitoris and above the vaginal opening, covering the urethra.
- g. Most women cannot see their urethra. You **do not** need to see the urethra. Locating the vaginal opening is important.

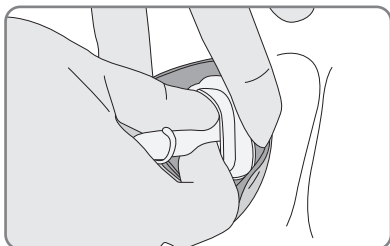
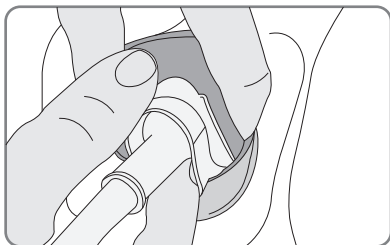


4 Learn to Hold the UriCap



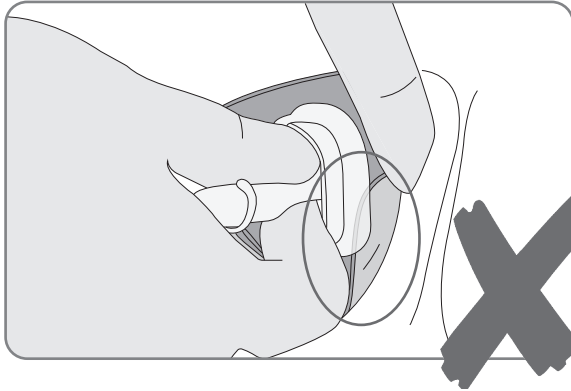
- a. The UriCap Female should be held in the dominant hand.
- b. Hold the UriCap with the arrow facing up and with the index or middle finger in the longer lip of the device.
- c. The thumb should be free or under the arrow on the UriCap.
- d. When self-applying, you may need to experiment with holding technique position that is comfortable for you.
- e. You may find using the thumb and index finger helpful for better control.

5 Apply



- a. Use your non-dominant hand to spread the outer and inner labia widely.
- b. Locate the vaginal opening.
- c. Place the longer, lower lip of the device to the upper part of the vaginal opening. The UriCap should be at not in the vaginal opening.
- d. Use the thumb to gently push the device upward to make full contact with the area around the urethra.
- e. Whether you are self-applying or applying to a loved one, it is important that you achieve a full seal between UriCap and the body. The labia should be fully retracted and not trapped under the device.
- f. Do not push the device into the vaginal opening or rectum.**

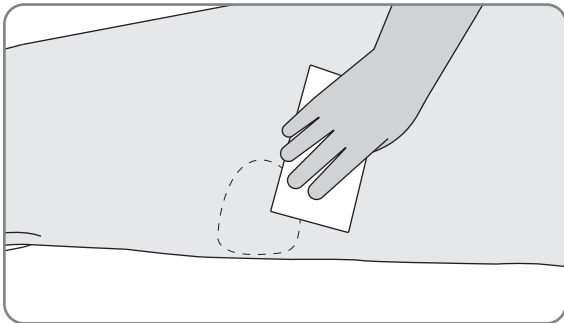
6 To complete the application



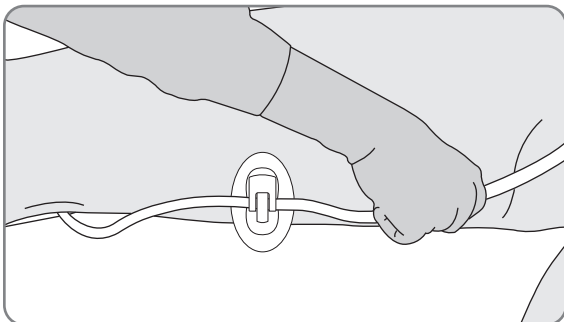
- a. Hold and count for 10 seconds while making sure the labia are not caught under the device.
- b. Close the labia folds over the UriCap then release the hand holding the UriCap.

c. **IMPORTANT: Remain in a resting position in bed for about one hour before a position change.**

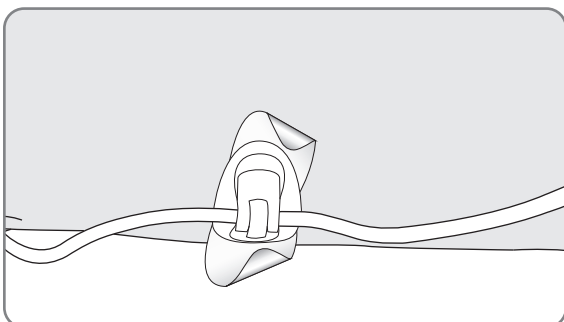
7 Attach the tubing securement device to your leg



1. Cleanse the application area around where the tubing securement device will be placed with alcohol prep pad.
2. Allow the area to dry completely.



3. Leave ample slack in the tubing to avoid pulling. Hold both the tubing and tubing securement device in place.



4. Peel off one side of the paper backing and press to adhere to the skin.
5. Repeat on the other side making certain all edges are adhered firmly to the skin.

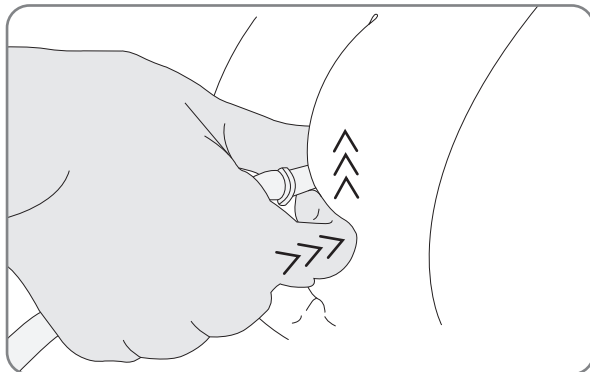
8 For Maintenance of your UriCap

a. Avoid re-opening the labia after the application is completed.
Opening the labia may break the seal between the UriCap and the perinium.

b. Provide care to your urinary bag as instructed by your health-care provider.

1. Keep bag below level of bladder.
2. Do not allow the bag to fully fill; empty when one-half full
3. Move bag before each position change and when returning to bed.

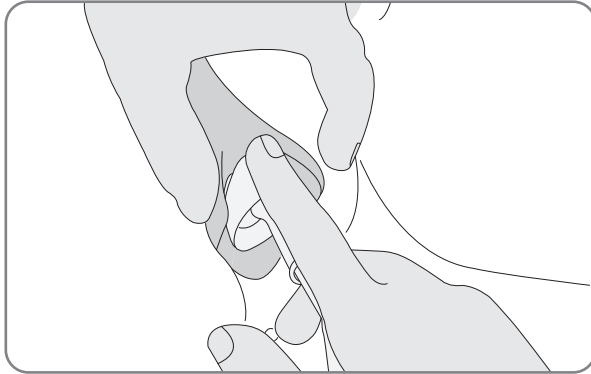
c. **IMPORTANT:** When you move in bed or transfer, your UriCap may move slightly. The *Reinforcement Technique* simply ensures that your UriCap remains in full contact with your skin.



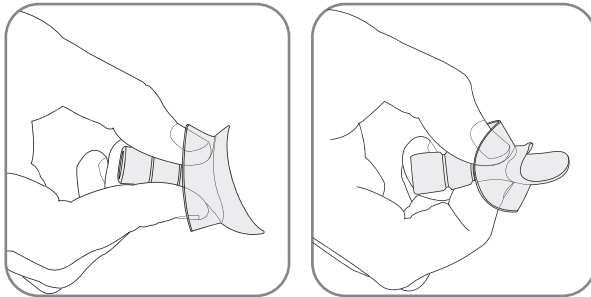
1. The *Reinforcement Technique* is used to promote the seal between UriCap and your body.
2. Reinforce placement of the device after transfers or position changes by pushing inward with the index and thumb finger. Do not open the labia.

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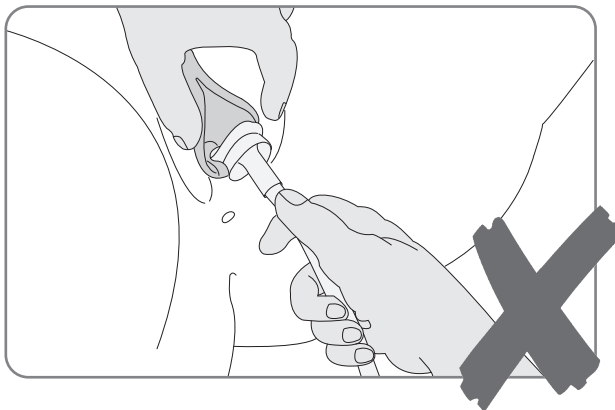
Removal and Change of your UriCap



- a. Spread the labia using your non-dominant hand.
- b. Peel the device away from the body from top to bottom.



- c. You can also break the seal by squeezing together the upper and lower lips of the UriCap.



- d. Never pull or tug on the UriCap.
- e. Dispose of the used supplies.
- f. Clean your body and follow instructions for preparation and application.

To remove or change the tubing securement device:

1. Release the Velcro: Remove the extension tubing from the tubing securement device.
2. **Gently** peel the tubing securement device off the skin.
3. If desired, moisten the area to help loosen the adhesive.
4. Replace the tubing securement device every 3 days. It is recommended to alternate legs after each application.

10 Key Tips for Success

- 1. Direct Contact:** UriCap needs direct contact with your body. Look and feel that there are no skin folds trapped under UriCap during application.
- 2. Time and Seal Strength:** Lay on your back for about one hour after application before changing positioning or transferring. The seal between UriCap and your body strengthens with time and with each incontinent episode.
- 3. Repositioning and Reinforcing:** If you're concerned that UriCap seal was disrupted when you reposition or transfer, use the Reinforcement Technique. This involves using the thumb and index finger to press the UriCap against the body to reestablish a seal without opening the labia.

We are here to support you through this process:

- **Email:** Support@tillacare.com
- **Facebook Group:** UriCap Users Community & Support Group (official)
- **Schedule with Ask-A-Nurse:**



- **Video Training:** www.tillacare.com/videos



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Female

