

Great Bear

Healthcare

Fix-it Retaining Strap

User Guide

Hello..
We are Great Bear.

Dignity, Respect, Quality & Commitment.

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A UK Manufacturer committed to Urology.

Overview To The Fix-it

The Fix-it Retaining Strap is designed to secure Indwelling and Suprapubic Catheters, as well as Leg Bag tubing with a Sheath System.

Proper securement is essential to prevent urethral trauma.



"It is important to secure the Catheter after insertion to prevent movement & urethral traction"

European Association of Urology Nurses, 2012



Confidence, Security & Comfort

Please Note!

Lack of Catheter securement can lead to damage and inflammation to the Urethra and Meatus. This could cause pain, discomfort and a high risk of infection for the patient¹

¹ Fisher, J. (2010)
"The importance of effective catheter securement" British Journal of Nursing, 19:8



Selecting The Right Size Fix-it/Ordering

- 1) The Fix-it Strap can be worn on the leg or abdomen, depending on whether you have a urethral or suprapubic Catheter.
- 2) Using a measuring tape, measure around the point you intend to wear the Fix-it Strap and select the corresponding size from the below table.
- 3) Any excess strap can be cut to fit.
- 4) If you are unsure of the positioning of the Fix-it Strap speak to your Healthcare Professional for guidance.

Fix-it Retaining Strap – Prescription.

Product Code	Size	Quantity	PIP Code
10644A	Medium (45cm)	5	348-9184
10645B	Long (80cm)	5	348-9192
10646C	Short (35cm)	5	348-9176
10647D	Adjustable (150cm)	5	383-4819

Usage Instructions

- 1) The Fix-it Strap can be used to secure the Catheter around the bifurcation point (Diagram 1) or, alternatively, around the tubing of the Leg Bag. (Diagram 2)
- 2) Before securing the tubing/Catheter, place the strap around the leg or abdomen in the desired position, ensuring the silicone lines are facing the skin.
- 3) Pull the Fix-it tie away from the fabric strap. (Diagram 3)
- 4) Wrap the Fix-it tie back on itself around the tubing/Catheter. (Diagram 4)
- 5) Push the tab through the eyelet and pull gently around so the tubing/Catheter is secured. Take care to not pull too tightly to ensure urine can still pass through. (Diagram 5)
- 6) Press the Velcro tab on the tie onto the fabric strap to keep the tubing/Catheter in place.

Diagram 1

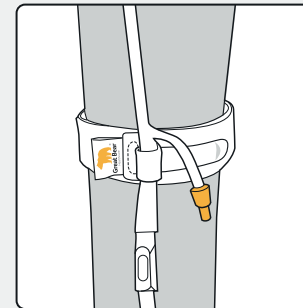


Diagram 2

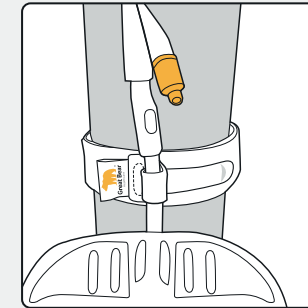


Diagram 3

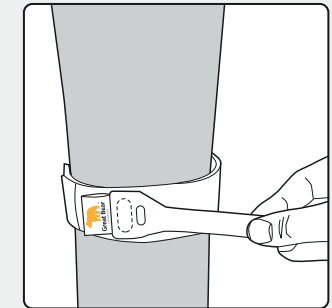


Diagram 4

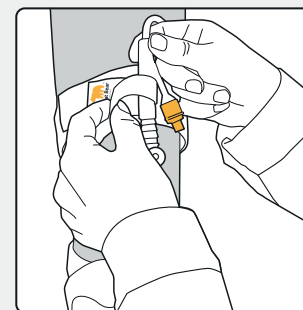
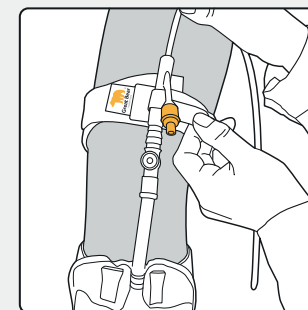


Diagram 5



Key Tips For Using A Fix-it Retaining Strap

- Hygiene is of upmost importance when catheterised to prevent infection. Ensure you wash your hands thoroughly before and after handling your Great Bear drainage bags. If someone else is handling your Leg or Night Bag, whether that is a relative, a carer or healthcare professional, they must wash and dry their hands and wear a clean pair of gloves.
- **Do Not** disconnect your Leg Bag when fitting the Fix-it Retaining Strap. Disconnecting the system increases your risk of infection.
- Change the Fix-it Retaining Strap when you change your Drainage Bag, unless it becomes damaged or soiled, in which case change sooner. The Fix-it Retaining Strap is machine washable but will last longer if you gently handwash.
- Elasticity and support provided by the Fix-it Retaining Strap will reduce over time due to washing and stretching. When this happens we recommend you order a replacement box.
- **Do Not** allow your Catheter or Leg Bag to hang down unsupported. Lack of Catheter securement can cause urethral trauma and discomfort.
- You can continue to wear the Fix-it Retaining Strap in the bath or shower but ensure you replace it with a clean, dry one afterwards.



Notes

Notes

Continence Products available on Prescription

1. Call **Freephone 0800 318 559** or **02920 747 770**.
2. Please ensure you have your GP details to hand.
3. Tell us which products are required and how many.

That's all - We will do everything else!

Please make sure you have at least two weeks' supply in hand before re-ordering.

Complimentary items available:

- Hand Gels
- Radar Keys
- Wet & Dry Wipes
- Disposable Bags
- Night Stands
- Sponge Bag

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