InView Sheaths
A Guide from Hollister Continence Care
(Including Accessories)
Important information regarding this booklet

You should read this guide if you have urinary incontinence and are under the direction of a healthcare professional for urinary continence issues. It has been produced to provide an overview of urinary sheaths, urinary leg bags and associated accessories. It is not designed to replace advice and direction given from your healthcare professional.

If you have questions or concerns these should always be directed to your healthcare professional or continence service in the first instance.

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For more information
Australia 1800 335 911
New Zealand 0800 678 669

Hollister
Attention to Detail. Attention to Life.
Urinary Sheaths
An Overview

If you have urinary incontinence, urinary 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 look similar to contraceptive condoms. They fit over the penis and are mostly ‘self-adhesive’. Sheaths are usually connected to a urinary leg bag. Other methods of supporting the drainage bag are available depending on your circumstances (e.g. bedridden).

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. You should always consult your continence nurse or healthcare professional prior to using a sheath or if you change what you use.

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 discussing your needs with your healthcare professional as everyone is different and has different requirements.

NOTE: Images are illustrative only.
In 2010, nearly 4.8 million Australians aged 15 years or over, were living with incontinence).

1. Deloitte Access Economics report The Economic Impact of Incontinence in Australia highlights, 2011
Important Sheath Features to Consider

Material
Sheaths are usually made from silicone. Most men prefer silicone sheaths, as they are compatible with most skin types and can result in less skin irritation. InView sheaths are made with fine, transparent silicone, making them comfortable and unobtrusive to wear.

Size
Sheaths are supplied in a range of lengths and sizes. This variation ensures that you have a sheath which is the correct size for you – this is very important for comfort and to reduce leakage potential.

Anti-kinking / twisting features
Hollister InView sheaths come with features to improve drainage and reduce leakages 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.

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.

Leg bags
It is important to use a urine collector (e.g. leg bag) with matching features for your sheath. Your healthcare professional will assist you.

If your urine 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.

Some men wear sheaths for certain occasions, such to play a round of golf or attend social functions. Others will choose to wear one only at night.
Key Pointers for Successful Sheath Use

- An effective sheath should stay in place, not leak, be comfortable and be easy to apply and remove. It should stay in place for an acceptable length of time (24 hours is a reasonable expectation). It should avoid skin damage and channel urine effectively.

- The key to successful sheath use is appropriate selection and fitting. Sheaths are available in a variety of lengths, designs and diameters. It is important that you are correctly fitted for your sheath. Sheath measuring guides are provided to assist with this. Your healthcare professional is the best person to assist with this.

- Good genital hygiene and skin inspection is recommended when replacing your sheaths.

Sheaths are *MORE* likely to be effective if:

- You experience skin problems or lifestyle issues due to the use of pads
- You are capable of emptying a leg bag and applying/removing sheaths
- Pads do not contain the urine effectively
- Frequent pad changes are required
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. Pads may be a more suitable alternative if you are regularly sexually active.

- **Failure of the sheath to stay in place** - Correct sizing is key to success. Use a measuring guide to select the appropriate size. Different brands of sheaths use different types of adhesive and you may find it beneficial to try a different brand or style to find the one that is most suited for you.

Avoid using moisturisers on the penis as this may interfere with adhesion.

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. Empty drainage bags when approximately half full. Make sure the leg bag or tubing is not pulling on the sheath.

You might want to investigate Hollister Holsters (Hollister codes: small 9612 / medium 9613 / large 9614 sizes) as an alternative to leg straps to secure your leg bag. Leg bag holsters are an effective means of keeping a leg bag comfortably secured without the need for tight straps.

Alternatively the wide, padded Hollister Deluxe Leg Strap may be a more comfortable option to consider.

- **Skin damage** - The risk of skin damage can be minimised by keeping your skin clean (with unscented soap and water) and dry as much as possible. Use silicone sheaths and regularly examine the skin (especially on the underside of the penis).

- **Infection** - The risk of infection can be reduced by ensuring there are no obstructions to urine flow. Use sheaths with a wide bore drainage outlet and anti-kink feature. Choose a leg bag with anti-kink tubing, such as the Hollister range and ensure you have a regular and thorough genital hygiene routine.
The Hollister InView 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 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 sheath 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. The red lines indicate the width of the adhesive band section on the sheath.
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.

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 sheath.
- InView Standard sheaths will meet most needs.

<table>
<thead>
<tr>
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<tr>
<td>25 mm</td>
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<td>Tan</td>
</tr>
<tr>
<td>36 mm</td>
<td>Blue</td>
</tr>
<tr>
<td>41 mm</td>
<td>Orange</td>
</tr>
</tbody>
</table>

NOTE: This image is for illustrative purposes only. Please contact your healthcare professional for a proper sizing guide.
**Tips for Use - Hollister InView Sheaths**

1. Clean and thoroughly dry the penis. Do not use lotions, powders or ointments on the skin. Trim pubic hair as needed with scissors. Do not shave.

2. Open the packet using the perforated strip at the top edge of the packaging.

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

4. If uncircumcised, ensure foreskin is forward before applying sheath.

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

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

7. Connect to a bedside collector or a leg bag, as preferred. Ensure a good fit between tubing connectors.
   - Position the leg bag to your calf or thigh, ensuring the tubing is not tugging on the sheath.
   - Position the tubing for the leg bag below the level of the bladder.

8. The use of a hand or paper towel with a hole in the centre can be an effective way to control hair while applying the sheath.

9. For easy removal, moisten the skin either in the shower or bath, using warm soapy water. Gently roll the sheath off – reversing the method used to apply (Fig. 5).

   You may use an Adhesive Remover Wipe, to aid removal. Be sure to wipe off any Adhesive Remover Wipe residue prior to your next sheath application.

10. Hollister recommends a sheath wear time of up to 24 hours per sheath. You might find it useful to make changing your sheath part of your regular washing routine.
Frequently Asked Questions

Q: How long should I expect a Hollister InView sheath to stay on for?
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 sheath?
A: Yes. The Hollister sizing guide is available to help with proper size selection. If you are between sizes, select the larger of the two sizes.

Q: Is the InView Special sheath only for men with a short shaft?
A: No. Some users simply prefer a shorter sheath. Some men find a shorter sheath easier to apply.

Q: How should I clean the night bag 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 or night 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. 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 bag weekly or at sign of wear and tear.

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

Q: What is the best way to remove the sheath? (See fig. 5 previous page)
A: Gently roll the sheath off the skin. Use of a warm, wet, soapy washcloth, wrapped around the sheath for approximately 30 seconds may help weaken the adhesive for easier removal in some cases. Adhesive remover wipes, such as Hollister Adhesive Remover Wipes (Product code 7760), 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 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 possible leakages.

**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 and possible leaks.

**Designed for reassurance**

- **Lever tap on bags** – simple, safe, effective. Easy to use even for people with reduced hand movement. The tap also has a reassuring ‘click’ sound when 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. Contact your local healthcare professional or continence product supplier for product information and advice.
Leg Bag Features

- **Anti-Reflux Valve** - The one-way integrated anti-reflux valve prevents backflow of urine and reduces urine leakage and possible urinary tract infections.

- **Adjustable Connecting Tubing** - Choice of 10 cm or 50 cm cut to fit tubing. Enables tubing length to be customised to accommodate individual preferences and needs.

- **Stepped Connector (‘Christmas Tree’ Adaptor)** - Allows for easy connection and removal of tubing.

- **Drain Valve/Tap** - The positive action lever tap, situated at the base of the drainage bag, enables urine to be drained out of the bag. It is also easy to know when the tap is open or closed as it has a reassuring “click” sound when fully closed.

- **Non-Woven Cloth** - Soft backing provides increased comfort. Particularly useful for hot humid conditions.

- **Calibration Markings** - Allow for volume estimates in the collector.

Extended Wear Leg Bag Systems

The Hollister Extended Wear range offers users a convenient option for use with indwelling / suprapubic catheters or sheaths:

- **Cost effective**
- **Re-usable with sheaths for up to 3 months** - designed to last the life of the catheter
- **Easy to use flip-tap, especially for people with limited dexterity**
- **Easy to apply, washable “button on” straps**
- Made from a soft, durable polyvinyl material for extended wear time and comfort
- Able to wear sideways for reduced profile ie under shorts
- Anti-reflux valve prevents back flow into tubing
- Cut to fit tubing provided for easy fitting convenience
- Available in discreet 550 ml or 900 ml capacities
**Accessories**

**Hollister Leg Bag Holsters**
A comfortable and secure alternative to leg straps.
- **Long lasting** and durable
- **Confortable** and secure
- Can be **worn on calf or thigh**
- **Washable** to allow for hygienic re-use
- **Available in 3 sizes** - each size colour coded for easy identification

![Hollister Leg Bag Holsters](image)

**Leg Bag Holster**

<table>
<thead>
<tr>
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<th>Stretch Potential</th>
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<tr>
<td>9612</td>
<td>Yellow</td>
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<td>9614</td>
<td>Brown</td>
<td>Large</td>
<td>48-62 cm*</td>
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</tr>
</tbody>
</table>

* Estimate only.

**Deluxe Urinary Leg Bag Straps**
- **Long lasting** and durable
- **Easy to attach**, fits most brands of leg bags
- **Non-slip, non-latex** preventing skin damage due to slippage
- **Machine Washable** to allow for hygienic re-use

![Deluxe Urinary Leg Bag Straps](image)

**Deluxe Urinary Leg Bag Straps**

<table>
<thead>
<tr>
<th>Stock Code</th>
<th>Size</th>
<th>Stretch Potential</th>
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<tbody>
<tr>
<td>9663</td>
<td>Extra small</td>
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<td>9660</td>
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<td>9661</td>
<td>Medium</td>
<td>43-58 cm*</td>
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<tr>
<td>9662</td>
<td>Large</td>
<td>53-79 cm*</td>
<td>1 Pair</td>
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</table>

* Estimate only.

**Deluxe Urinary Leg Bag Straps**
are more comfortable and secure than standard leg bag straps.
For specific Hollister product information and samples, you can also call Hollister directly:

**Australia**  1800 335 911  
**New Zealand**  0800 678 669

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

### Hollister Key Product Distributors

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<tr>
<th>Distributor</th>
<th>Phone</th>
<th>Website</th>
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<tbody>
<tr>
<td>Australian Home Nursing Supplies</td>
<td>(03) 9773 2544</td>
<td><a href="http://www.ahns.com.au">www.ahns.com.au</a></td>
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<tr>
<td>BrightSky Australia</td>
<td>1300 886 601</td>
<td><a href="http://www.brightsky.com.au">www.brightsky.com.au</a></td>
</tr>
<tr>
<td>Caremmunity, Continence Care Services</td>
<td>(08) 8347 1343</td>
<td><a href="http://www.fluffies.com.au">www.fluffies.com.au</a></td>
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<tr>
<td>Clifford Hallam Healthcare</td>
<td>1300 720 274</td>
<td><a href="http://www.ch2.net.au">www.ch2.net.au</a></td>
</tr>
<tr>
<td>Daniels Surgical and Health Equipment</td>
<td>(07) 4922 7148</td>
<td><a href="http://www.danielssurgical.com.au">www.danielssurgical.com.au</a></td>
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<tr>
<td>Eyre Health and Mobility Equipment</td>
<td>(08) 8683 4788</td>
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<tr>
<td>Homehealth and Medical Supplies</td>
<td>(03) 9725 6999</td>
<td><a href="http://www.homehealth291.com.au">www.homehealth291.com.au</a></td>
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<tr>
<td>Independence Australia</td>
<td>1300 788 855</td>
<td><a href="http://www.independenceaustralia.com">www.independenceaustralia.com</a></td>
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<tr>
<td>Intouch</td>
<td>1300 134 260</td>
<td><a href="http://www.intouchdirect.com.au">www.intouchdirect.com.au</a></td>
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<td>Mobility Matters</td>
<td>1300 726 906</td>
<td><a href="http://www.mobilitymatters.com.au">www.mobilitymatters.com.au</a></td>
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<tr>
<td>PQ Tasmania Healthcare Supplies</td>
<td>1300 741 234</td>
<td><a href="http://www.paraquadtas.org.au">www.paraquadtas.org.au</a></td>
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<tr>
<td>Victoria Health Care Products</td>
<td>1800 888 541</td>
<td><a href="http://www.vichealth.com.au">www.vichealth.com.au</a></td>
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<tr>
<td>White Cross Healthcare - Victoria</td>
<td>(03) 5222 6666</td>
<td><a href="http://www.whitecross.com.au">www.whitecross.com.au</a></td>
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<td>White Cross Incontinence Hotline</td>
<td>1300 WEE HELP</td>
<td><a href="http://www.whitecross.com.au">www.whitecross.com.au</a></td>
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<td></td>
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Other Resources and Assistance

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<td>Alzheimer’s Association</td>
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<td><a href="http://www.alzheimers.org.au">www.alzheimers.org.au</a></td>
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<td>Australian Government Bladder and Bowel Website</td>
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<td><a href="http://www.bladderbowel.gov.au">www.bladderbowel.gov.au</a></td>
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<tr>
<td>Australian Physiotherapy Association</td>
<td>03 9092 0888</td>
<td><a href="http://www.physiotherpay.asn.au">www.physiotherpay.asn.au</a></td>
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<tr>
<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>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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<tr>
<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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<tr>
<td>Paraquad Association of New South Wales</td>
<td>02 8741 5600</td>
<td><a href="http://www.paraquad.org.au">www.paraquad.org.au</a></td>
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<tr>
<td>Paraquad Association of South Australia</td>
<td>08 8355 3500</td>
<td><a href="http://www.paraquadsa.asn.au">www.paraquadsa.asn.au</a></td>
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<tr>
<td>Paraquad Association of Tasmania</td>
<td>03 6228 9500</td>
<td><a href="http://www.paraquadtas.org.au">www.paraquadtas.org.au</a></td>
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<tr>
<td>Paraquad Association of Victoria</td>
<td>1300 704 456</td>
<td><a href="http://www.paraquad.asn.au">www.paraquad.asn.au</a></td>
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<tr>
<td>Paraquad Association of Western Australia</td>
<td>08 9381 0111</td>
<td><a href="http://www.paraquadwa.asn.au">www.paraquadwa.asn.au</a></td>
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<tr>
<td>Parkinson’s Australia</td>
<td>1800 644 189</td>
<td><a href="http://www.parkinsons.org.au">www.parkinsons.org.au</a></td>
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<tr>
<td>Prostate Cancer Foundation of Australia</td>
<td>1800 220 099</td>
<td><a href="http://www.pcfa.org.au">www.pcfa.org.au</a></td>
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<tr>
<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>Spinal Cord Injury Australia</td>
<td>02 9661 8855</td>
<td><a href="http://www.scia.org.au">www.scia.org.au</a></td>
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<tr>
<td>Spinal Injuries Association</td>
<td>1800 810 513</td>
<td><a href="http://www.spinal.com.au">www.spinal.com.au</a></td>
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<tr>
<td>New Zealand Continence Association</td>
<td>0800 650 659</td>
<td><a href="http://www.continence.org.nz">www.continence.org.nz</a></td>
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<tr>
<td>Spinal cord injuries – ACC</td>
<td>0800 101 996</td>
<td><a href="http://www.acc.co.nz">www.acc.co.nz</a></td>
</tr>
<tr>
<td>The Association for Spinal Concerns</td>
<td>(09) 2703548</td>
<td><a href="http://www.tasc.org.nz">www.tasc.org.nz</a></td>
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</table>
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 for more information.

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

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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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