

Getting Started with the PureWick™ System

A step-by-step guide

The PureWick™ System includes:

- The PureWick™ Urine Collection System (*PW200E/PW200U*)
- The PureWick™ Female External Catheter (*PWFX30E*)



Index

Welcome	1
Why the PureWick™ System is right for you	2
What's in the box?	3
Setting up the PureWick™ System	4
Placing the PureWick™ Female External Catheter	5
Removing the PureWick™ Female External Catheter	6
Cleaning the collection canister	7
Cleaning the collector and pump tubing	8
Cleaning the system base	9
Tips and troubleshooting	10
Reordering Supplies	12

An innovative way to manage urinary incontinence starts here

Welcome to the PureWick™ System family! We are here to help you. In this booklet we have included everything you need to set up, operate, clean, and maintain your new PureWick™ Urine Collection System and place your PureWick™ Female External Catheter.

Watch the PureWick™ System training video:



For more information, please E-mail
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Why the PureWick™ System is right for you

Created with you in mind

The PureWick™ System is a non-invasive option to managing urinary incontinence at home. This innovative system is easy to set up¹ and can be placed in a few steps. You can do it yourself or with the help of a caregiver.



Why you'll love the PureWick™ System:



Can make better sleep possible.²



Helps keep skin dry by wicking away urine.³



May help to reduce the risk of nighttime falls, by staying in bed.⁴

1. PureWick™ User & Caregiver Survey (August 2020), Based on a survey of 324 respondents, (n=113 users, n=195 caregivers, n=16 answered "Not Sure", Margin of Error = 5.2%), 93% of caregivers and 84% of users agree the PureWick™ System is easy to set up. Respondents used the PureWick™ Urine Collection System with the PureWick™ Female External Catheter and re-ordered the PureWick™ Female External Catheter at least once.

2. Based on a survey of 145 respondents, 109 (n=47 users, n=50 caregivers, n=10 identified as both a user and caregiver, n=2 who did not identify whether they were a caregiver or a user) agreed that since using the PureWick™ System they are able to sleep better at night. The respondents used the DryDoc™ Vacuum Station with the PureWick™ Female External Catheter (previous name of 1st generation PureWick™ Urine Collection System) and re-ordered the PureWick™ Female External Catheter at least once.

3. Ritter, J: Effectiveness and Functionality of a Female External Catheter, 2017

4. Based on a survey of 145 respondents, 120 (n=53 users, n=55 caregivers, n= 9 identified as both a user and caregiver, n=3 who did not identify whether they were a caregiver or a user) agreed that since using the PureWick™ System they typically did not have to get out of bed at night to use the bathroom. The respondents used the DryDoc™ Vacuum Station with the PureWick™ Female External Catheter (previous name of 1st generation PureWick™ Urine Collection System) and re-ordered the PureWick™ Female External Catheter at least once.

What's in the box?

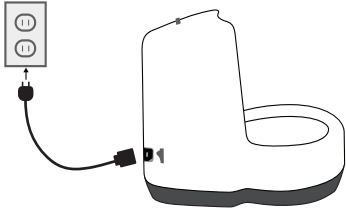
This box contains everything you need to get started managing your urinary incontinence at home. See the complete list of items included below:

- 1 PureWick™ Urine Collection System base
- 2 Power Cord
- 3 Collector tubing
- 4 Elbow connector
- 5 Pump tubing
- 6 2,000 mL collection canister with lid
- 7 Disposable privacy cover (2)
- 8 User guide
- 9 PureWick™ Female External Catheters - Box of 30

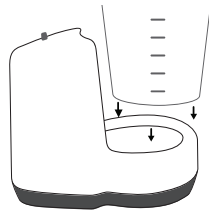


Setting up the PureWick™ System

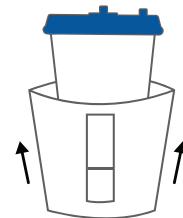
Step-by-step Instructions



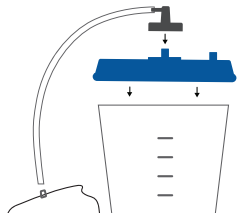
1. Plug power cord into the device outlet and into the A/C power outlet.
Note: Make sure the power switch is turned off.



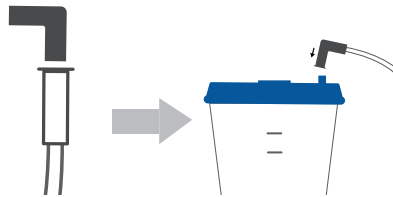
2. Place the collection canister in the base and press down firmly on the lid of the device, making sure the lid is sealed.



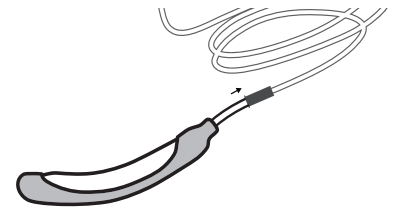
3. Optional: Slip privacy cover onto the canister prior to placing canister into base.



4. Attach pump tubing to the BD PureWick™ Urine Collection System connector port and the connector port on the collection canister lid.



5. Attach the elbow connector to the collector tubing and connect elbow connector to the connector port on the collection canister lid.



6. Connect other end of collector tubing to a PureWick™ Female External Catheter.

You will find the complete setup, operation, and maintenance instructions in the User Guide, included in your shipment.



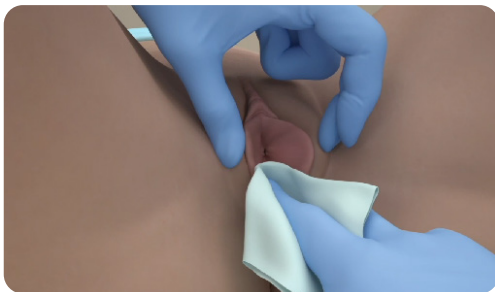
Watch the set up video:



Placing the PureWick™ Female External Catheter

Placing the PureWick™ Female External Catheter does require practice, but we are here to help you along the way. You can watch the step-by-step video for a more detailed explanation by visiting <https://www.purewickathome.com/howtouse> or scanning the QR code located at the bottom of the page.

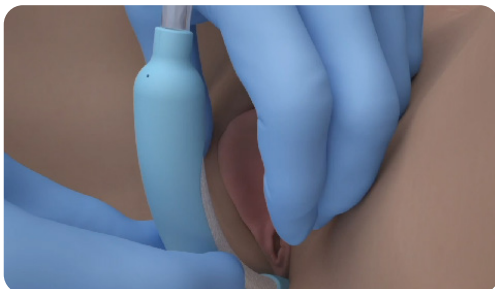
If you need further assistance, do not hesitate to contact our Product Specialists for help.



1. Perform perineal care and assess skin integrity.



2. Separate legs, gluteus muscles, and labia. Palpate pubic bone as anatomical marker.



3. With soft gauze side facing patient, align distal end at gluteal cleft.



4. Gently tuck soft gauze side between separated gluteus and labia.

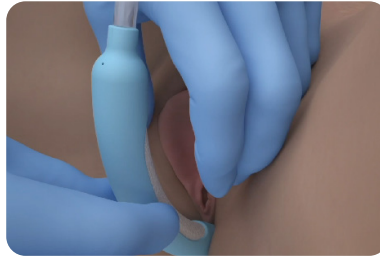
Watch the external catheter placement video:



Removing the PureWick™ Female External Catheter



1. Fully separate the legs, gluteus, and labia.



2. To avoid potential skin injury upon removal, gently pull the PureWick™ Female External Catheter directly outward.



3. Ensure suction is maintained while removing the PureWick™ Female External Catheter.



Maintenance

Replace the PureWick™ Female External Catheter at least every 8 to 12 hours or if soiled with feces or blood. Assess skin for compromise and perform perineal care prior to placement of a new PureWick™ Female External Catheter.

Watch the external catheter removal video:



Cleaning the collection canister

Cleaning Instructions and Maintenance

The collection canister, canister lid, collector tubing, pump tubing, and PureWick™ Urine Collection System base should be cleaned and disinfected at the time of each use, or at a minimum, daily. The power cord should be cleaned and disinfected at the time of each use, or at a minimum daily.

Note: Gloves should be worn when handling soiled or dirty accessories.

Instructions for cleaning the canister and canister lid

Initial Rinse: Rinse the canister and lid thoroughly with cool tap water. While rinsing, remove any excess dirt by wiping the canister and lid with disposable low lint wipes.

Cleaning: Prepare a soapy solution by mixing 1 teaspoon (approximately 5 mL) of dish soap with 1 gallon (approximately 4 L) of cool tap water. Fully submerge canister and lid in the solution. Allow it to sit for a minimum of ten (10) minutes. While submerged, use a soft brush (e.g., toothbrush) to brush all accessible areas of the canister and lid for a minimum of one (1) minute to remove any visible signs of debris or dirt.

Rinse: Rinse the canister and the lid thoroughly with cool tap water until there is no visible sign of the cleaning solution.

Visual inspection: Inspect the canister and the lid to ensure that all debris and dirt have been removed. If there is any sign of debris or dirt, repeat steps above until there is no sign of debris or dirt remaining on the canister and lid.



Disinfection: Fully submerge the canister and lid in 70% isopropyl alcohol (IPA). Allow it to sit for a minimum of ten (10) minutes.

Rinse: Rinse the canister and the lid thoroughly with cool tap water.

Drying: Dry the canister and lid with a clean low-lint towel or cloth.

Cleaning the collector and pump tubing

Instructions for cleaning the collector tubing with elbow connector and pump tubing

Initial Rinse: Disconnect the collector tubing from the elbow connector and disconnect the elbow connector from the lid. Rinse the disconnected tubing thoroughly by running cool tap water through the inside of the tubing. While rinsing, remove any excess dirt by wiping the outside of the tubing and elbow connector with low lint disposable wipes. While rinsing, flush the tubing with cool tap water to remove any excess dirt.

Cleaning: Prepare a soapy solution by mixing 1 teaspoon (approximately 5 mL) of dish soap with 1 gallon (approximately 4 L) of cool tap water. Completely submerge the tubing and elbow connector in the solution and allow it to soak for a minimum of ten (10) minutes. At the beginning of the soak time, flush the inside of the tubing with the prepared solution. While submerged, use a soft brush (e.g., toothbrush) to brush all accessible areas of the tubing and elbow connector for a minimum of one (1) minute to remove any visible signs of debris or dirt.

Rinse: Rinse the tubing and elbow connector thoroughly with cool tap water until there is no visible sign of the soap cleaning solution. While rinsing, flush the inside of the tubing with the tap water.

Visual inspection: Inspect the tubing to ensure that all debris and dirt have been removed.



If there is any sign of debris or dirt, repeat the steps above until there is no sign of debris or dirt remaining on or inside the tubing.

Disinfection: Fully submerge the tubing and elbow connector in 70% isopropyl alcohol (IPA). Allow it to soak for a minimum of ten (10) minutes. Flush the IPA through the tubing, prior to starting the ten (10) minute time.

Rinse: Rinse the tubing and elbow connector thoroughly with cool tap water, ensuring that the inside of the tubing is flushed with water.

Drying: Dry the tubing and elbow connector outer surface with a clean low lint towel or cloth and allow the inside of the tubing to air dry for a minimum of thirty (30) minutes at room temperature.

Cleaning the system base

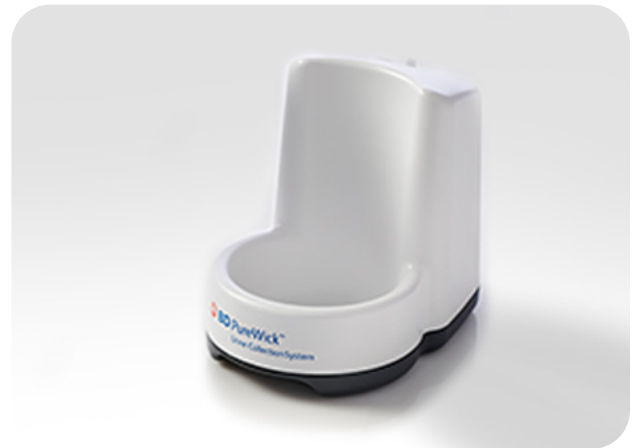
Instructions for cleaning the PureWick™ Urine Collection System Base

Initial Wipe: Wipe the PureWick™ Urine Collection System base and power cord thoroughly with a clean low lint cloth dampened with cool tap water. Remove any excess dirt by wiping the device with disposable low lint wipes.

Cleaning: Prepare a soapy solution by mixing 1 teaspoon (approximately 5 mL) of dish soap with 1 gallon (approximately 4 L) of cool tap water. Completely wet a clean low lint cloth with the solution and wipe down the PureWick™ Urine Collection System base and power cord. Allow the cleaning solution to remain on the device and power cord for a minimum of ten (10) minutes, ensuring that the device and power cord remains wet for the ten (10) minutes. Using a soft brush (e.g., toothbrush), brush all accessible areas of the PureWick™ Urine Collection System base and power cord for a minimum of one (1) minute to remove any visible signs of debris or dirt.

Rinse: Using a new clean low lint cloth, wipe the PureWick™ Urine Collection System base and power cord thoroughly with cool tap water to remove the soap cleaning solution. Perform this step until there is no visible sign of the soap cleaning solution.

Visual inspection: Inspect the PureWick™ Urine Collection System base and power cord to ensure that all debris and dirt have been removed. If there is any sign of debris or dirt,



repeat the steps above until there is no sign of debris or dirt remaining on the PureWick™ Urine Collection System base and power cord.

Disinfection: Use 70% isopropyl alcohol (IPA) to completely wet a clean low lint cloth and wipe down the PureWick™ Urine Collection System base and power cord. Allow the disinfecting solution to remain on the device and power cord for a minimum of ten (10) minutes, ensuring the unit is visibly wet with IPA for ten (10) minutes.

Rinse: Using a new clean low lint cloth, wipe the PureWick™ Urine Collection System base and power cord thoroughly with cool tap water to remove the disinfecting solution.

Drying: Dry the PureWick™ Urine Collection System base and power cord with a clean low lint towel or cloth.

Tips and troubleshooting

The PureWick™ Urine Collection System and the PureWick™ Female External Catheter tips and troubleshooting

1. The device is on, but not suctioning properly.

Follow these troubleshooting steps to ensure the device is suctioning properly.

- a. Ensure that tubing connections are connected properly.
- b. Check the collector tubing for blockage or flow restriction such as pinhead or kinked tubing.
- c. Ensure that the overflow stop valve in collection canister lid is open. The valve floats to the top when the collection canister is full. The stop valve may close if the lid or canister is tipped sideways or upside down. Disconnect the tubing and gently shake the lid to reset the valve down to the open position.
- d. Ensure that the collection canister is sealed, and the lid is tightly closed.
- e. Verify suction by disconnecting PureWick™ Female External Catheter from the collector tubing and placing the end of the collector tubing into a cup of water. If water easily flows into the collection canister, replace the PureWick™ Female External Catheter.

2. How can I place the PureWick™ Female External Catheter properly?

Connect the PureWick™ Female External Catheter to the PureWick™ Urine Collection canister. Perform perineal care and assess skin integrity. Separate legs, gluteus muscles, and labia. With soft gauze side facing patient, align distal end of the PureWick™ Female External Catheter at gluteal cleft. Gently tuck soft gauze side between separated gluteus and labia. Ensure that the top of the gauze is aligned with the pubic bone. Slowly place legs back together once the PureWick™ Female External Catheter is positioned.

3. The PureWick™ Female External Catheter leaked when I used it. How do I prevent it from leaking?

Ensure accurate position. With soft gauze side facing the patient, align distal end of the PureWick™ Female External Catheter at the gluteal cleft. Gently tuck soft gauze side between gluteus and labia. Ensure that the top of the gauze is aligned with the pubic bone. Slowly place legs back together once the wick is positioned.

Tips and troubleshooting

4. How many PureWick™ Female External Catheters do I need?

PureWick™ Female External catheters are used one at a time and should be replaced every 8 to 12 hours (or immediately if soiled with feces or blood). The amount you need to order will depend on individual usage. For example, if you plan to use the PureWick™ System only at night while sleeping, you will likely use one PureWick™ External Female Catheter per day.

5. Is the PureWick™ Female External Catheter reusable?

No. The wick should be replaced every 8 to 12 hours or immediately if it's soiled with feces or blood. Skin should be assessed to see if it's been compromised, and perineal care should be performed prior to placement of a new wick.

6. How often do you need to replace the canister and tubing?

It is recommended to replace the collection canister and tubing at least every 60 days or sooner if signs of degradation.

7. Do I have to keep the PureWick™ Urine Collection System in a specific location?

The PureWick™ Urine Collection System should be kept on a flat surface. The PureWick™ Urine Collection System is 9" x 6.5" x 11" and able to fit on most nightstands and tables. It should be kept in close proximity to you while sleeping.



Indications: The PureWick™ Urine Collection System is to be used with the PureWick™ External Catheters which are intended for non-invasive urine output management.

Contraindications: Do not use the PureWick™ Urine Collection System with PureWick™ Female External Catheters on individuals with urinary retention.

Warnings: Do not use the PureWick™ Female External

Catheter with bedpan or any material that does not allow for sufficient airflow. To avoid potential skin injury, never push or pull the PureWick™ Female External Catheter against the skin during placement or removal. Never insert the PureWick™ Female External Catheter into vagina, anal canal, or other body cavities. Discontinue use if an allergic reaction occurs. After use, this product may be a potential biohazard. Dispose of in accordance with applicable local, state and federal laws and regulations.



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For more information, please contact

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