



Getting the best from
Conveen Optima

Conveen[®] Optima



Conveen[®] Optima

The Conveen Optima sheath is designed to make life with incontinence as trouble-free as possible, helping to support dignity, masculinity, independence and sense of control.

The benefits of Conveen Optima include:



Smart pack

Easy-to-open packaging that is lightweight, smart and discreet and ensures the sheath remains in optimum condition



Easy on

Easy-on and smooth roll-out, even when wearing gloves, due to the unique double-grip strip



Comfortable wear

Comfortable, secure and skin-friendly fit due to its stretchy, breathable, 100% silicone material



Balanced adhesive

Gentle but secure fit due to its balanced adhesive



Anti-leak

Extra reliability due to a triple action anti-leak system consisting of:

- A push ring connector and sure-grip ribs for secure connection to the collecting bag
- Anti-kink bellows and flexible material

Initial sizing

To ensure a comfortable and secure fit, Conveen Optima is available in four different sizes and two different lengths.



Conveen Optima range



Standard length (80mm)



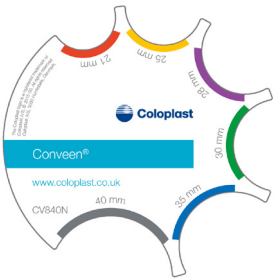
Shorter length (50mm)

Diameter	Product Code	Diameter	Product Code
25 mm	22025	21 mm	22121
28 mm	22028	25 mm	22125
30 mm	22030	30 mm	22130
35 mm	22035	35 mm	22135
40 mm	22040		

Also available: Conveen Prep Wipe (product code 62042)

A shorter length Conveen Optima sheath is suitable for the majority of patients. The standard length sheath is designed to provide a greater feeling of security.









The penis should be measured mid shaft or at the widest point. If the size of the penis is found to be in between two sizes of Conveen Optima, the smaller size should be selected.



The Conveen Optima measuring guide should be used to select the correct size of sheath for each and every patient. Guessing the size, or choosing the same size as a brand previously used, is not accurate and can result in discomfort or leakage if the wrong size is selected.

After the initial fitting, it is recommended that the patient is reviewed within 24–48 hours for an evaluation.

Conveen Prep Wipes are a protective film. For extra security, apply Conveen Prep Wipe protective film to the shaft of the penis before fitting Conveen Optima.

Choose the correct product			
Skin condition	Anatomy	Product	
Normal	Normal	 or  +	Conveen Optima shorter or standard length
Normal	Retracted penis	 +	Conveen Optima shorter length
Humid or dry skin	Normal	  + 	Conveen Optima shorter or standard length & Conveen Prep
Humid or dry skin	Retracted penis	 + 	Conveen Optima shorter length & Conveen Prep

Fitting and changing

Preparation

Before fitting Conveen Optima, the penis should be carefully washed and dried. The use of creams and powders should be avoided as this could prevent the adhesive from working efficiently. If the skin is humid or dry, a protective film of Conveen Prep Wipe can be applied to the shaft of the penis before fitting the sheath.

Fitting



1. Wash your hands. Gloves should be worn.



2. Holding the lower part of the Conveen Optima pack with one hand, use the thumb of your other hand to push the pack open



3. Remove Conveen Optima and place it over the tip of the penis (with the narrow end pointing away from the patient). Leave a 1–2 cm gap between the tip of the penis and the narrow outlet tube to allow for the free flow of urine



4. Holding Conveen Optima in place with one hand, use the other to slowly pull the loop of the double-grip strip forwards (towards the patient). Conveen Optima should unroll smoothly, evenly and completely

5. Gently squeeze the unrolled sheath around the shaft of the penis to ensure a secure fix. Conveen Optima comes with the adhesive already applied, so no additional adhesive is needed



6. Connect the narrow end of Conveen Optima to a urine drainage bag by inserting the bag connector. A bag with an anti-kink tube is best to ensure a continuous flow of urine



7. Attach the bag to the calf or thigh (usually by means of two straps or, alternatively, an Aquasleeve)
8. Fix the tube of the drainage bag to the leg in a straight line (typically by using a G-strap)

Removal

Removal is easy and painless.



1. Detach Conveen Optima from the urine bag connector and carefully roll it off the penis (warm, soapy water can be used to help, if needed)
2. It can then be disposed of in a bin, with general household waste

Changing



1. Each sheath should be worn for no longer than 24 hours. Conveen Optima is intended for single use only and should not be reused



2. The leg bag should be emptied on a regular basis, when it is approximately 2/3 full
3. The length of time that a urine drainage bag can be worn between changes depends on the make and type and on your local/institutional guidelines (this is normally around 5–7 days)

Deciding who does what

The amount of assistance required to fit and change Conveen Optima varies from patient to patient; some require no assistance following the initial fitting/sizing and follow-up visit whereas others require complete support. It is important to adapt the amount of assistance you provide depending on the ability of each patient, always allowing them to do as much of the process as possible for themselves.

Completing the solution

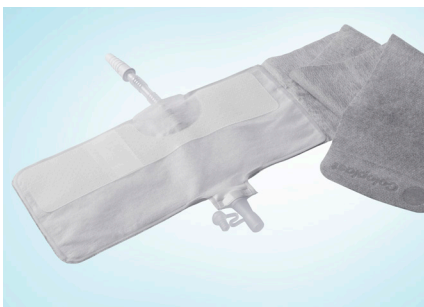
There is a choice of urine drainage bags with varying lengths of tubes to suit your patient's needs.

Simpla Profile is available in

- 350ml – for an evening out a smaller bag can be used.
This would require emptying more often but would offer greater discretion.
- 500ml – for normal everyday use.
- 750ml – for long journeys, or where toilet access is restricted.

All Simpla leg bags are fitted with a soft fabric backing that absorbs perspiration and remains comfortable against the leg.

For men who experience light to medium incontinence, Conveen Active is a smaller 250ml bag worn on the thigh which compliments Conveen Optima for a reliable, discreet solution. A burr fabric fastening system keeps the bag in place, even during sporting activities.



Tips to optimise performance

- **Store** Conveen Optima in a cool, dry place, out of the sun.
- Select different **collecting bags** for day and night use: a smaller capacity bag for day use and a larger capacity bag with a longer tube for night use (to avoid the need to empty the bag in the night and minimise the risk of accidents).
- When **connecting Conveen Optima** to the collecting bag tube, ensure you have a secure connection by inserting the drainage bag's connector as far as possible into Conveen Optima's outlet tube.
- **Uncircumcised men:** leave the foreskin in place over the head of the penis. This will help to prevent irritation or pulling of the loose skin.
- **Skin maintenance:** If possible, allow the skin to breathe for short periods between changes.
- To stop **pubic hair** from sticking or tangling on Conveen Optima, use blunt scissors to trim the hair away from the base of the penis (do not shave as the regrowth may cause irritation). Alternatively, make a paper towel or tissue 'screen':
 - Fold the towel or tissue into quarters and tear a small hole at the point in the centre,
 - Unfold the towel and put the penis through the hole in the centre, pushing the pubic hair back as you go,
 - Tear the towel off when the sheath is in place.
- **Best position for measuring:** It is best if the patient is in a comfortable position with their legs slightly parted so that the penis and scrotum are in a natural orientation
- **Best position for fitting:** This depends on the type of patient. Please follow local guidelines/best practice
- **Encouraging participation:** Even if a patient cannot fit Conveen Optima on his own, there are aspects that he may be able to assist with such as gently squeezing around the adhesive band with one hand to ensure a secure fit. This will help to reinforce his feelings of confidence, independence, masculinity and sense of control



Dealing with any problems

Difficulty	Solution
Urine flows irregularly into the urine collecting bag	<ul style="list-style-type: none">• The penis may be too close to the narrow outlet of Conveen Optima, preventing free flow of urine into the bag. Make sure that there is a 1 to 2 cm gap between the end of the penis and the drainage port of Conveen Optima• Check that Conveen Optima is not too tight as this may compress the urethra and obstruct the flow of urine• Secure/fix the tube to the leg in a straight line to ensure that the tube on the urine bag is not kinked• Choose a bag with an anti-kink tube to ensure even urine flow
Urine backflow and/or accidents occurring	<ul style="list-style-type: none">• Ensure that there are no visible 'twists' or 'kinks' in the drainage bag tubing. If there are, you should change the bag immediately• Ensure that the leg bag is emptied on a regular basis, when it is approximately 2/3 full
Difficulty in unrolling / loosening the sheath	<ul style="list-style-type: none">• Simply apply warm, soapy water either whilst bathing or taking a shower around the base of the penis. This will help to reduce the adhesive and make removal easier
Conveen Optima wrinkles as it is unrolled	<ul style="list-style-type: none">• Try a smaller size
Conveen Optima rolls off when moving around	<ul style="list-style-type: none">• Unroll Conveen Optima completely to enable the adhesive to make a secure fit• Check that you have chosen the correct size• The skin may have been humid when the sheath was applied. Applying a protective film like Conveen Prep Wipe may help to keep skin dry
Urinary tract infection	<ul style="list-style-type: none">• Ensure good hygiene practices are being followed; inform the patient about the causes of urinary tract infections and how they can be avoided• Ensure the patient has an adequate fluid intake• Ensure that the interval between each change of Conveen Optima does not exceed 24 hours

Ordering information



Conveen Optima (silicone sheath, anti-kink design, 50mm length)

Size	Order Code	Pack
● 21mm	22121	30
● 25mm	22125	30
● 30mm	22130	30
● 35mm	22135	30

Conveen Optima (silicone sheath, anti-kink design, 80mm length)

Size	Order Code	Pack
● 25mm	22025	30
● 28mm	22028	30
● 30mm	22030	30
● 35mm	22035	30
● 40mm	22040	30

Conveen Prep Wipe (to aid adhesion and protect the skin)

	Order Code	Pack
Prep Wipe	62042	54

Conveen Active (leg bag with integrated strap)

Volume	Tube length	Order Code	Pack
250ml	7cm	25501	10



Find out more and place your orders online:

coloplastcharter.co.uk



0800 374 654

Free on all landlines

Call between Mon - Fri 8am - 6pm and Sat 9am - 12.30pm to speak with an experienced and knowledgeable member of the Coloplast Charter care team. We're here to provide advice, to help you place an order and offer any other support you might need.



0800 917 8639

(Scotland only) Free on all landlines



03301 233 188

Included in your call minutes depending on your tariff

CV714N

**Coloplast**

Ostomy Care / Continence Care / Wound & Skin Care / Urology Care

Coloplast Ltd, Nene Hall, Peterborough Business Park, Peterborough PE2 6FX
www.coloplast.com The Coloplast logo is a registered trademark of Coloplast A/S. © 2016-11 All rights reserved Coloplast A/S