


U-Pak

Compliance Guide &
Instructions for Use

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Improving urinary health
for those suffering from
recurring UTIs

Message to the Healthcare Provider

Thank you for recommending the U-Pak, peer-reviewed and clinically proven for your patient. Urinary tract infections (UTIs) are the most frequent clinical bacterial infections, accounting for approximately 25% of all infections in the United States.¹ Uropathogenic *E. coli* (UPEC) is the cause of more than 70% of all female UTIs. Due to increasing resistance, UTIs are also a significant cause of morbidity, including pyelonephritis with sepsis, renal damage in young children, pre-term birth, and complications caused by frequent antimicrobial use, such as high-level antibiotic resistance and *Clostridium difficile* colitis.² In the healthcare setting, approximately 40% of all nosocomial infections are UTIs. Furthermore, up to 40% of hospital gram-negative bacteremia per year originate as UTIs and account for 13% of all nosocomial deaths.^{2,3}

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The U-Pak contains Theraworx® Protect, a peer-reviewed, clinically proven adjunct used in ICUs across the nation as a pivotal component of the bundles indicated to prevent catheter-associated urinary tract infections, central line-associated blood stream infections, ventilator-associated pneumonia, and severe incontinence-associated dermatitis. Theraworx Protect is indicated for daily use, and it is tested and documented safe for mucosa (vaginal, gingival, intestinal, epi-airway).

Avadim Health, Inc., the maker of Theraworx Protect and the U-Pak, is one of the fastest growing companies in healthcare. In 2018, Theraworx brands were used to protect more than 4 million high-acuity ICU and nursing home patients, and they are projected to be used in the care of 6 million in 2019.

The clinical compendium for Theraworx Protect has been published in the *American Journal of Infection Control* (June 2018, April 2015), *The Journal of Patient Care* (June 2018), *Annals of Infectious Disease and Epidemiology* (November 2016), *The Journal of Sports Medicine* (May 2018), *The Journal of Emergency Nursing* (December 2010), and *Infection Control Today* (June 2008).

For clinical inquiries, please contact us:
info@theraworx.com or **877-677-2723**

Theraworx Protect is contracted with more than 5,000 hospitals and 14,000 skilled nursing facilities nationwide.

References:

1. Foxman B. Epidemiology of urinary tract infections: incidence, morbidity, and economic costs. *Dis Mon.* 2003;49(2):53-70. doi:10.1016/s0011-5029(03)90000-9.
2. Flores-Mireles AL, Walker JN, Caparon M, et al. Urinary tract infections: epidemiology, mechanisms of infection and treatment options. *Nat Rev Microbiol.* 2015;13(5):269-284. doi:10.1038/nrmicro3432.
3. Paterson DL, Bonomo RA. Extended-spectrum beta-lactamases: a clinical update. *Clin Microbiol Rev.* 2005;18(4):657-686. doi:10.1128/cmr.18.4.657-686.2005



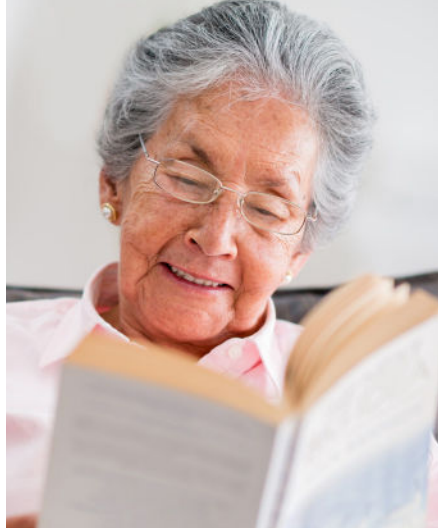
theraworxprotect.com

Message to the Patient

Urinary tract infections (UTIs) are the most common infections in the United States. If you suffer from recurring UTIs, you are not alone—**25% of all infections in the United States are UTIs.**¹

The good news is, your doctor, pharmacist or other healthcare professional understands this condition can most often be prevented. Paying attention to thorough and consistent hygiene is a key part of promoting urinary health.

Your healthcare professional has recommended the U-Pak, which includes the product Theraworx Protect, as part of your daily urinary health regimen. Theraworx Protect has been proven in clinical studies and is used in hospitals across the nation. Theraworx brands—trusted by intensive care units, nursing homes, and consumers—are projected to help more than 6 million patients in 2019.



The U-Pak contains:

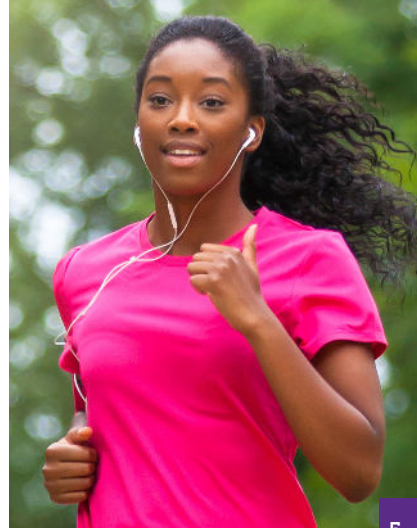
- **60 Theraworx Protect Wipes**, indicated to be used twice daily, applied to the outside opening of the urethra (where urine exits the body).
- **3.4 fl oz bottle of Theraworx Protect Foam**, indicated to be used to thoroughly clean the area around the anus after a bowel movement. UTIs occur most often when *E. coli*, a very resistant bacteria that we all carry in our feces, invades the urinary tract. Daily hygiene in this area is a major part of managing your urinary health.

Please read and memorize the Compliance Guide & Instructions for Use to ensure you are using the U-Pak the right way as part of your daily care regimen.

It is our goal at Avadim Health, as the maker of Theraworx Protect and the U-Pak, to see your daily health improve. For more information, please visit TheraworxProtect.com.

Reference:

1. Foxman B. Epidemiology of urinary tract infections: incidence, morbidity, and economic costs. *Dis Mon.* 2003;49(2):53-70. doi:10.1016/s0011-5029(03)90000-9.



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Anal Cleansing

(Use after each fecal evacuation or bowel movement):

1.



Prior to applying foam, remove feces using toilet paper.

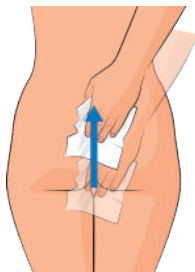
2.



Apply 2 pumps of Theraworx Protect foam to toilet paper, wipe, or cloth.



3.



Wipe from front to back, applying formulation to anus and surrounding areas.

4.



Do not rinse. Allow to air dry (about 30 seconds). Discard toilet paper or wipe. Discard or launder cloth. **DO NOT FLUSH.**

PRECAUTION:

Females, to avoid bacteria entering urethra, **DO NOT** wipe from anus to vagina.

Menopausal Health

(Use 1 wipe every 12 hours or as often as needed):

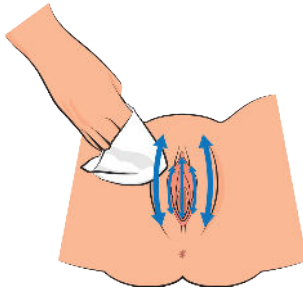
1.



Remove 1 wipe from pouch and reseal pouch.



2.



Wipe the inner and outer lips of the labia and the outside openings of the urethra and vagina.

3.



Do not rinse. Allow to air dry (about 30 seconds). Discard wipe – DO NOT FLUSH.

Catheter Care

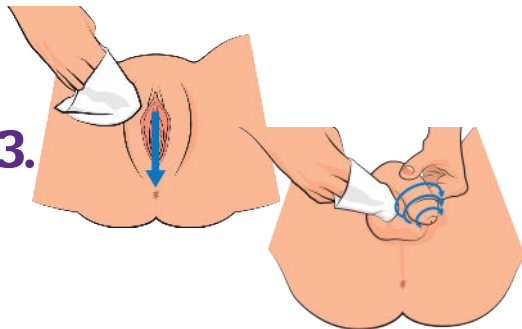
(Use 1 wipe each time bladder is emptied):

1.



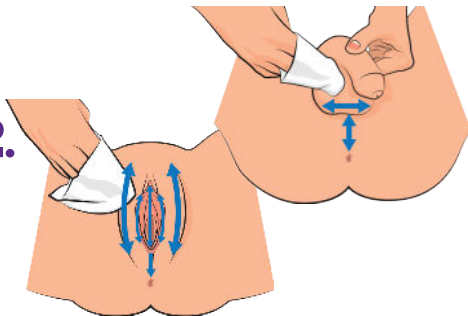
Remove 1 wipe from pouch and reseal pouch.

3.



Females: Wipe from front to back.
Males: Wipe in circles around the head of the penis.

2.



Wipe the outside opening of the urethra and surrounding area, including the perineum (area between the anus and the vulva for females or scrotum for males).

4.



Do not rinse. Allow to air dry (about 30 seconds).

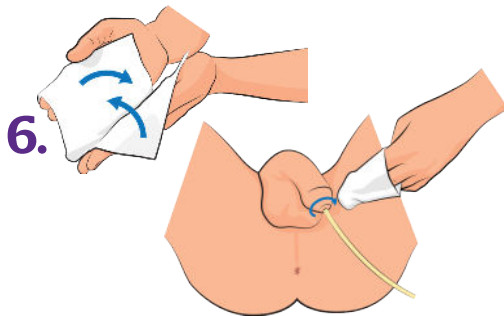
Instructions continued on next page

PRECAUTION:

Females, to avoid bacteria entering urethra, DO NOT wipe from anus to vagina.

Catheter Care (continued)

5. Insert catheter in accordance with doctor/ package instructions.



Fold same wipe to clean areas around the catheter.

7.



Do not rinse. Allow to air dry (about 30 seconds). Discard wipe – **DO NOT FLUSH.**

Sexual Intercourse

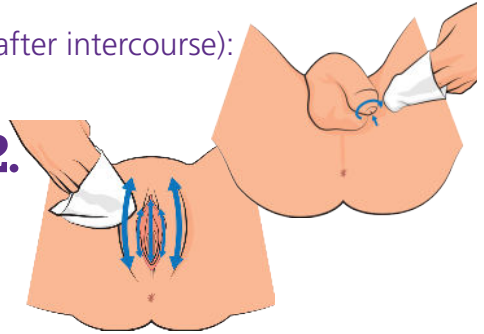
(Use 1 wipe before intercourse and 1 wipe after intercourse):

1.



Before intercourse, remove 1 wipe from pouch and reseal pouch.

2.



Wipe the outside opening of the urethra.
Females: Also wipe the inner and outer lips of the labia and the outside opening of the vagina.

3.



Do not rinse. Allow to air dry (about 30 seconds). Discard wipe – DO NOT FLUSH.

4.



After intercourse, repeat steps 1-3.



Theraworx[®]

CLINICALLY PROVEN TOPICAL
HEALTHCARE PRODUCTS

At Avadim Health, Inc., we're committed to providing relief and protection through clinically proven, safe and effective solutions that work with the body's own natural functions.

For more information, please contact us at
877-677-2723 or **theraworx.com**



U-Pak

Improving urinary health for those suffering
from recurring UTIs



Theraworx[®]
PROTECT