



# Theraworx Protect® U-Pak

Support Urinary Health in Patients With Intermittent Catheters



## Did You Know?

Intermittent catheter users experience approximately three urinary tract infections (UTIs) each year.<sup>1</sup> The physical and emotional burden of multiple, daily self-catheterizations is heavy enough for spinal cord injury patients without the addition of UTIs.

## The U-Pak: An Advanced Hygiene Kit

From mounting antibiotic resistance concerns<sup>2,3</sup> to unproven over-the-counter remedies,<sup>4,6</sup> your options for helping patients prevent UTIs have been limited. The good news is, implementing the right hygiene protocols can help reduce the risks that can lead to UTIs in self-catheterizing patients.<sup>7,8</sup> That's where the U-Pak comes in.

A hygiene kit containing clinically proven, hospital-adopted Theraworx Protect (used in more than 1,000 acute-care and long-term-care facilities), the U-Pak gives patients with recurring UTIs the advanced hygiene they need for daily urinary health.

### The U-Pak is available via:

- In-Office Consignment
- Retail Pharmacy: [theupak.com/#store-locator](https://theupak.com/#store-locator)
- [www.getupak.com](https://www.getupak.com)





## Why the U-Pak?

For starters, it's an easy-to-use, clinically proven hygiene solution for millions suffering from recurring UTIs. Made in the USA from safe and gentle ingredients, the U-Pak includes a bottle of Theraworx Protect Foam and a package of Theraworx Protect Wipes. And at just .06 cents per application, the U-Pak is an affordable way for at-risk patients to support their daily urinary health.

**"I tried Theraworx Protect for its hygiene properties when I self-catheterized. Shortly thereafter, I began to see improvement. I have become more engaged in the activities of daily living. Theraworx Protect has given me a pathway back to the life I once knew."**

- Ross C., paraplegic, intermittent catheter user

### In-Facility and At-Home Care

For the best urinary health outcomes, the wipes and foam are intended to be used in the following ways:

**Theraworx Protect Wipes:** Before catheter insertion, use to cleanse the outside opening of the urethra, including the perineum. After catheter insertion, use to cleanse areas around the catheter.

**Theraworx Protect Foam:** After each fecal evacuation or bowel movement—and after removing feces with toilet paper—use to cleanse anus and surrounding areas.

For more details, patients can refer to the Instructions for Use inside the box.

### Eye-Opening Statistics by the Numbers:

**40%**

Number of healthcare-associated UTIs (mostly CAUTIs) that make up all nosocomial infections<sup>8</sup>

**2.7**

Number of UTIs intermittent catheter patients experience per year<sup>1</sup>

**1,000,000 +**

Number of CAUTIs occurring annually in the U.S.<sup>8</sup>

Visit **UpakCathCare.com** for more information and clinical inquiries.

#### References:

1. Coloplast IC user survey, January 2016 (n=2942).
2. Fisher H, Oluboyede Y, Chadwick T, et al. Continuous low-dose antibiotic prophylaxis for adults with repeated urinary tract infections (AnTIC): a randomised, open-label trial. *Lancet Infect Dis*. 2018;18(9):957-968. doi:10.1016/s1473-3099(18)30279-2.
3. Lancet T. Balancing treatment with resistance in UTIs. *Lancet*. 2018;391(10134):1966. doi:10.1016/s0140-6736(18)31077-8.
4. Guay DR. Cranberry and urinary tract infections. *Drugs*. 2009;69(7):775-807. doi:10.2165/00003495-200969070-00002.
5. Juthani-Mehta M, Van Ness PH, Bianco L, et al. Effect of cranberry capsules on bacteriuria plus pyuria among older women in nursing homes: a randomized clinical trial. *JAMA*. 2016;316(18):1879-1887. doi:10.1001/jama.2016.16141.
6. Nicolle LE. Cranberry for prevention of urinary tract infection? Time to move on. *JAMA*. 2016;316(18):1873-1874. doi:10.1001/jama.2016.16140.
7. UroToday website. Prevention strategies - intermittent catheters. <https://www.urotoday.com/urinary-catheters-home/intermittent-catheters/complications/ic-prevention-strategies.html>. Accessed March 25, 2020.
8. American Urological Association website. Medical student curriculum: adult UTI. <https://www.auanet.org/education/auauniversity/for-medical-students/medical-students-curriculum/medical-student-curriculum/adult-uti>. Accessed March 25, 2020.

Clinical evidence related to Theraworx Protect and CAUTI has been published in the following: **AJIC Publication** – Paulson DS, Topp R, Boykin RE. Efficacy and safety of a novel skin cleansing formulation versus chlorhexidine gluconate. *Am J Infect Control*. 2018;46(11):1262-1265. **AUA Poster** – Turini GA III, Renzulli JF II. Innovative microbiome friendly skin care formulation reduces nosocomial associated CAUTI rates when used for insertion and maintenance of urinary catheters. AUA 2017, Boston, MA.