

The U-Pak and product refills can be found at local pharmacies and other fine retailers or you can visit [TheUpak.com](http://TheUpak.com) to locate the nearest retailer near you



Daily Cleansing To Support A Healthy Urinary System

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A Healthy Urinary System

Compliance Guide & Instructions for Use

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.

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.**<sup>1</sup> 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.

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.

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 [TheUpak.com](http://TheUpak.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.



## Anal Cleansing

(Use after each bowel movement):

1. Prior to applying foam, remove feces using toilet paper.
2. Apply 2 pumps of Theraworx Protect foam to clean toilet paper.
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 or flush toilet paper.



## Catheter Care

**Indwelling Catheter** Use 1 wipe every 12 hours or as often as needed

**Intermittent Catheter** Use 1 wipe each time the bladder is emptied or as often as needed

1. Remove 1 wipe from the pouch and reseal pouch.
2. Wipe the outside opening of the urethra and surrounding areas. Clean the area around the catheter (indwelling) or where the catheter will be inserted (intermittent). Females: wipe front to back; Males: wipe in circles around the head of the penis.
3. Fold wipe and use to clean the perineum (area between the anus and genitals).
4. Do not rinse. Allow to air dry (about 30 seconds).



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

## Vaginal Cleansing

(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. Wipe front to back.
3. 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. Females: wipe front to back; Males: wipe in circles around the head of the penis.
4. Do not rinse. Allow to air dry (about 30 seconds). Discard wipe – DO NOT FLUSH.
5. After intercourse, repeat steps 1-3.



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