

# Tips on NASG Application and Use

## 1. Rolling the NASG out of the way to urinate/defecate

If a woman is in the NASG for an extended period of time, she may need to urinate/defecate while wearing the garment. When this happens, segment #4 of the NASG can be rolled up to allow the woman to urinate/defecate without removing garment or soiling the garment.

Segment #4, which should be around the woman's pelvis, can be rolled up (in a manner similar to pulling up a short skirt)



When the woman is done urinating/defecating, segment #4 should be rolled back down over the pelvis.



## 2. Kneeling to increase leverage while applying NASG

When applying the NASG segments #4, #5, and #6 on a larger woman (in cases where there is room directly next to her) kneeling on the bed right next to her body, instead of standing next to her bed, may help the applicator place segments more easily. If she is on the floor, get up very close to her body. Pull the non-Velcro side over first, then lift the Velcro side straight up as high as you can, and then wrap it over the no-Velcro side.





### 3. Replacing a soiled NASG on a patient

If a woman has been wearing a very soiled NASG for many hours or days, for example, while awaiting a blood transfusion, she may become uncomfortable and the NASG may begin to smell. If this happens, it is important to change the NASG so that the woman can continue to recover in the NASG and be as comfortable as possible. To ensure that the woman continues to receive the continued compression benefits of the NASG, it is important to follow the protocol and replace the garment as quickly as possible, so compression is not lost. Only do this if it absolutely necessary.

#### STEP 1

Identify two trained clinicians who will work together to remove and replace the NASG. Always wear gloves when handling a soiled NASG.

#### STEP 2

Place a biohazard container near the bed so that the soiled NASG can be placed in it after removal.

## STEP 3

While the woman is lying in the bed, unfold the replacement (clean) NASG.



## STEP 4

Help the patient to lift her legs and place the replacement leg segment pairs #1, #2, #3, under her legs.



## STEP 5

Have the patient lift her hips so that the #4, #5, #6 segments can be placed under the woman's buttock and back.



## STEP 6

Ensure that the replacement NASG is centered with the yellow dots along the woman's spines, and the new segments line up with the original segments of the NASG already on the woman. Be sure the top of the NASG is at the woman's lowest rib.

## STEP 7

Once the segments are lined up, begin by opening segment pair #1 from the soiled NASG and replacing with the clean segment pair #1 as quickly as possible. As you close each segment pair, check for the tightness by making a snapping sound. The soiled segments should be pulled away from the patient's body toward the outside of her legs and upwards toward the remaining segments.



## STEP 8

Repeat Step 7 with segments #2 and #3.



## STEP 9

After the #3 leg segment pairs have been replaced, remove and replace segment #4 and slide the soiled segment away from the patient's body towards the side where the ball is on the NASG.



## STEP 10

Finally, remove and replace segments #5 and #6. The person on the side of the patient with the ball is responsible for pulling the soiled garment out,. The person on the other side should immediately close segments #5 and #6.



## STEP 11



The person on the ball side of the NASG should place soiled garment into a biohazard container.