



Available on prescription

ACTIVA[®] British Standard Compression Hosiery



Patient Information Leaflet

New packaging...and the same great hosiery!

Making your life easier with the unique



If you have a limited degree of mobility and hand movement, compression hosiery can sometimes be difficult to apply. The new ActiGlide[®] system has been specifically developed to help anyone who requires that extra bit of assistance.



You will hardly believe how the unique design allows your hosiery to glide effortlessly up your leg, whether you are using open or closed toe stockings or tights.

The new ActiGlide[®] system (Pip Code: 284-5196) is available on FP10/GP10.

Application of hosiery when fitted by a carer



Care should be taken when applying hosiery over bony prominences and thin legs to avoid damage to the skin and circulation.

Your hosiery should not cause you any pain or discomfort. In the unlikely event of this happening, please remove your hosiery immediately and seek advice from your doctor, nurse or pharmacist.

How to apply your Activa[®] hosiery
It is important that you continue to wear your hosiery as prescribed by your nurse or doctor.

- 1 Slip your hand down the inside of the stocking.
- 2 Gently grasp the heel area and pull the stocking inside out. This will leave the toe region still tucked in.
- 3 Fold back the edge about an inch/2-3 cms so you can easily slip your toes into the front of the stocking.
- 4 Unfold that inch as you get your toes and heel into the right position.
- 5 Gently pull the rest of the stocking over the foot, heel and ankle.
- 6 Pull the stocking up your leg in stages - Try not to force it.
- 7 Below knee stockings have to be pulled up to the bend at the back of your knee. If it is a thigh length stocking it has to be up to the middle section of your thigh.
- 8 It is best to use at least 2 suspenders on thigh length stockings.
- 9 On all hosiery make sure that your toes are NOT restricted.

How to remove your Activa[®] hosiery
All Activa[®] hosiery should be peeled off gently, DO NOT roll the stocking to remove.

- Looking after your Activa[®] hosiery**
- If cared for correctly your Activa[®] hosiery will give the recommended level of compression for up to 100 washes.
 - Activa[®] hosiery can be hand washed at a maximum of 40°C.
 - Do not use bleach.
 - Do not tumble dry.
 - Do not dry clean or iron.
 - Dry away from direct heat.
 - Care should be taken to ensure hosiery is not damaged by callouses, rough skin or nails.
 - Check footwear being worn for any signs of damage which could lead to premature wear of your hosiery.

Re-ordering information for your Pharmacist.

Dear Pharmacist,
Please re-order my Activa[®] hosiery

You can find all the relevant information about your hosiery on the base of the box containing your Activa, hosiery.

Please fill your details on the form below, cut out and return to your pharmacist with your prescription, if applicable.

Class of Hosiery:
 Activa[®] Class 1 unisex sock
 Activa[®] Class 1 unisex patterned sock
 Activa[®] Class 2 unisex sock
 Activa[®] Class 2 unisex patterned sock
 Activa[®] Class 3 (Brown)
 Activa[®] Class 2 (Black only)
 Activa[®] Class 1 (Black only)
 Activa[®] hosiery kit
 Activa[®] liner pack (3 per pack)
 (White) (Sand)
 (Black only)
 (Black only)
 (Brown)
 (Black only)
 (Black only)
 (Black only)
 (Black only)

Size:
 S
 M
 L
 XL
 XXL

Style of hosiery:
 Below knee
 Thigh length
 Open toe
 Closed toe

Colour:
 Black
 Brown
 Natural
 Honey
 Sand
 White

Quantity: (normal wear of hosiery = 100 washes)
 1 pair
 2 pairs
 3 pairs
 4 pairs

Customer name
 Address

ACTIVA[®] International enquiries: +44 1283 576800
 or visit our website: www.activahealthcare.co.uk
 an ERN Company

Activa[®] Healthcare Ltd, 1 Lancaster Park, Newborough Road, Newwood, Burton on Trent, Staffordshire DE13 9PD, United Kingdom.
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Indications for use
14-17mmHg - Class 1 FP10/GP10 – Provides light compression and should be used for superficial or early varicose veins and swollen ankles.

Other indications – Activa[®] Class 1 hosiery should also be considered post operatively and on long distance travel to help prevent deep vein thrombosis in normal risk groups.

18-24mmHg - Class 2 FP10/GP10 – Provides medium compression and should be used in medium severity varicose veins and mild oedema. Activa[®] Class 2 hosiery can be used as part of the treatment for and to prevent the occurrence and recurrence of venous leg ulcers.

Other indications – Activa[®] Class 2 hosiery should also be considered post operatively and on long distance travel to help prevent deep vein thrombosis in high risk patients.

25-35mmHg - Class 3 FP10/GP10 – Provides strong compression and should be used for severe varicose veins and gross oedema. Activa[®] Class 3 hosiery can be used for chronic venous insufficiency and in the treatment and prevention of venous leg ulcers.

- Contra-indications**
- People with diabetes, unless under medical supervision
 - Significant arterial disease (ischaemia) according to vascular assessment
 - Congestive cardiac failure, as compression can lead to cardiac overload
 - Known sensitivity to the fabric of the stocking

Warnings and precautions
 If you have had, or believe you may have had, any problems with your veins then it is important that you seek advice from a trained health professional before wearing any compression hosiery.

Use with caution where diabetes and rheumatoid arthritis are present as there may be microvascular disease.

People with diabetes may also have some degree of peripheral neuropathy which could cause problems if the stockings become too tight.

Fascicule d'informations des patients

Indications d'utilisation
14-17 mm de Hg - Classe 1 FP10/GP10 – Fournit une compression légère et pour usage post-opération et en cas de voyages de longue durée pour prévenir de la thrombose veineuse profonde dans les groupes à risques normaux.

Indications diverses – Les bas Activa[®] de classe 1 devrait également être considéré être utilisé dans le cas de symptômes de ce genre, veuillez retirer les bas immédiatement et consulter votre pharmacien, votre infirmier ou votre médecin.

Comment mettre les bas Activa[®]
 Il est important de continuer à porter vos bas comme prescrit par votre infirmier ou votre médecin.

18-24 mm de Hg - Classe 2 FP10/GP10 – Fournit une compression moyenne et devrait être utilisé dans le cas de veines atteintes de varices d'une sévérité moyenne et d'oedèmes légers. Les bas Activa[®] Classe 2 peuvent être utilisés en tant que partie du traitement visant la prévention et la ré-aparition d'ulcères veineux des jambes.

Indications diverses – Les bas Activa[®] de classe 2 de bas devrait également être considéré être utilisé dans le cas de symptômes de ce genre, veuillez retirer les bas immédiatement et consulter votre pharmacien, votre infirmier ou votre médecin.

25-24 mm de Hg - Classe 3 FP10/GP10 – Fournit une compression forte et devrait être utilisé dans le cas de veines atteintes de varices sévères et d'oedèmes intenses. Les bas de la classe Activa[®] Classe 3 peuvent être utilisés dans le cas d'une insuffisance veineuse chronique et dans la prévention et le traitement d'ulcères veineux des jambes.

Contre-indications
 Les bas Activa[®] devraient être retirés en les pelant doucement.
 • Tous les bas Activa[®] devraient être retirés en les pelant doucement.
 • Patients diabétiques, sauf sous le contrôle d'un médecin
 • Maladie artérielle significative (ischémie) conformément à une évaluation vasculaire
 • Insuffisance cardiaque globale, du fait que la compression peut conduire à une surcharge cardiaque
 • Sensibilité connue à l'étoffe des bas pour varices

Quantité: (normal wear of hosiery = 100 washes)
 1 pair
 2 pairs
 3 pairs
 4 pairs

Style of foot:
 Below knee
 Open toe
 Closed toe

Colour:
 Black
 Brown
 Natural
 Honey
 Sand
 White

Size:
 S
 M
 L
 XL
 XXL

Style of hosiery:
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 Open toe
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Application of hosiery when fitted by the patient



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Il faut procéder avec prudence lors de l'application des bas sur des protubérances osseuses et des jambes fines pour éviter d'endommager la peau et d'entraver la circulation.

Vos bas ne devraient pas causer des douleurs ou un inconfort quelconques. Dans l'hypothèse improbable de symptômes de ce genre, veuillez retirer les bas immédiatement et consulter votre pharmacien, votre infirmier ou votre médecin.

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