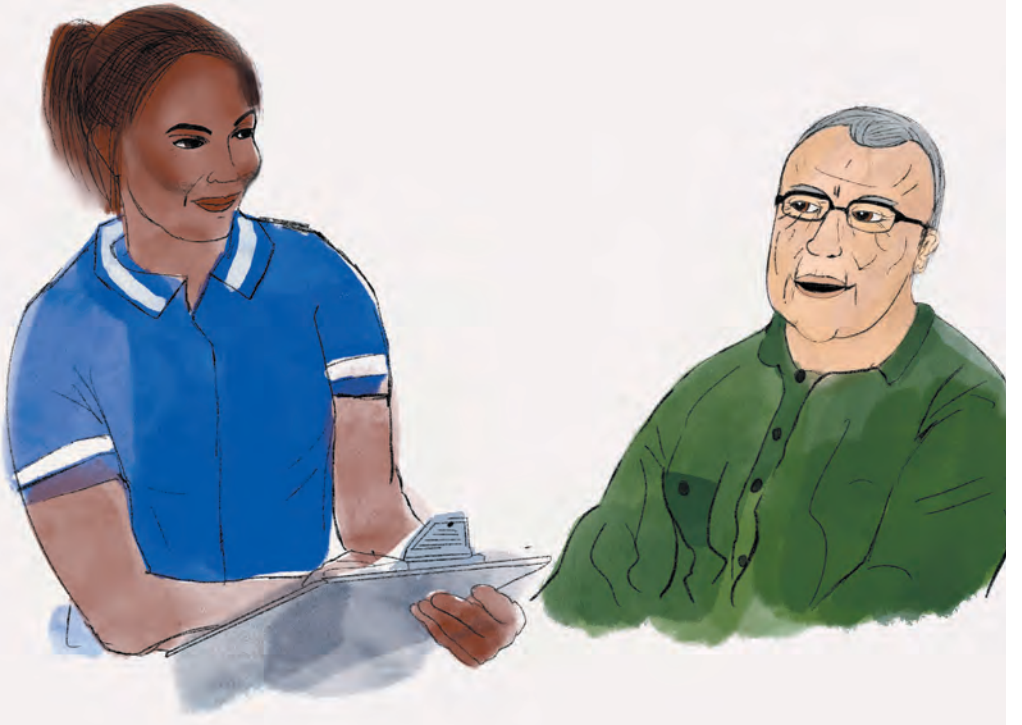


Venous Leg Ulcers assess, heal and prevent

The venous system explained

Venous Leg Ulcers (VLUs) are slow-healing wounds which occur on the lower leg.

It's estimated that over 1 million adults in the UK live with a leg ulcer which equates to 2% of the adult population [1].

VLUs account for the highest aetiology of leg ulcer occurrence and are associated with venous disease and chronic venous insufficiency [2]. Once healed VLUs have a high recurrence rate due to the often untreated underlying venous insufficiency.

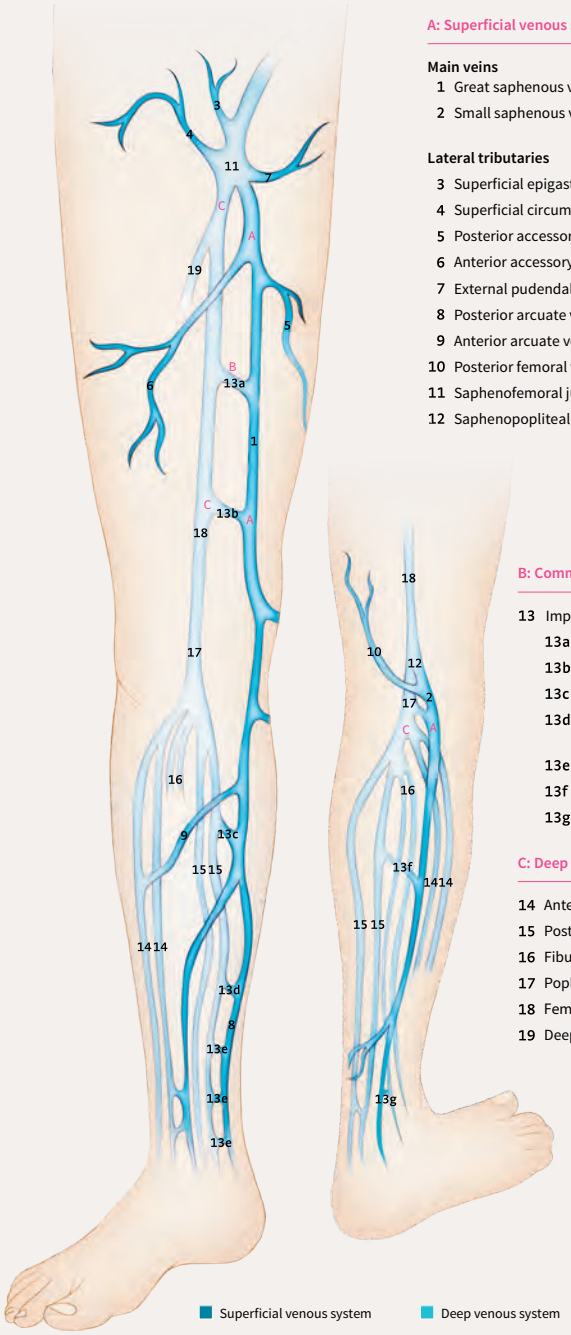
Compression hosiery is most commonly used by patients with venous insufficiency for either post-ulcer healing or primary prevention to control oedema and reduce venous hypertension which leads to venous insufficiency [3].

The most common conditions which affect the venous system are:

- **Deep vein thrombosis (DVT)** a blood clot which forms within the deep veins of the leg
- **Superficial thrombophlebitis** an inflammation in the vein following a blood clot
- **Varicose veins** superficial veins which become enlarged and twisted
- **Chronic venous insufficiency** when the blood within the veins does not all flow back towards the heart but pools within the veins at the ankle. This can occur when the valves within the veins become damaged

All venous conditions respond well to compression therapy.

1. *Guest JF, Fuller GW, Vowden P. Cohort study evaluating the burden of wounds to the UK's National Health Service in 2017/2018: update from 2012/2013. BMJ Open 2020;10:e045253. doi:10.1136/ bmjopen-2020-045253*
2. *National Wound Care Strategy Programme: (2020) Recommendations for Lower Limb Ulcers. Accessed at National Wound Care Strategy Programme | AHSN Network on 21/06/21*
3. *Wounds UK (2021) Best Practice Statement: Compression hosiery: A patient-centric approach (3rd edn). Wounds UK, London www.wounds-uk.com*



A: Superficial venous system

Main veins

1 Great saphenous vein
2 Small saphenous vein

Lateral tributaries

3 Superficial epigastric vein
4 Superficial circumflexiliac vein
5 Posterior accessory saphenous vein
6 Anterior accessory saphenous vein
7 External pudendal vein
8 Posterior arcuate vein
9 Anterior arcuate vein
10 Posterior femoral vein
11 Saphenofemoral junction
12 Saphenopopliteal junction

B: Communicating veins

13 Important perforator veins
- **13a** Dodd
- **13b** Hunter
- **13c** Boyd
- **13d** Sherman (24 cm perforator)
- **13e** Cocket
- **13f** May
- **13g** Bassi

C: Deep venous system

14 Anterior tibial vein
15 Posterior tibial vein
16 Fibular vein
17 Popliteal vein
18 Femoral vein
19 Deep femoral vein

Diagram shows deep and superficial venous system

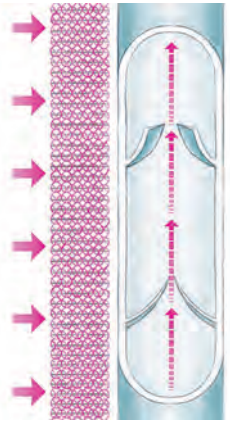
How good compression works

All venous conditions respond well to compression.

The positive effects of a compression stocking

A healthy vein where the functioning valves are able to move blood out of the vein back towards the heart.

A damaged venous system where blood is able to backflow to the ankle where it pools and causes high pressure (venous hypertension) and further damage.



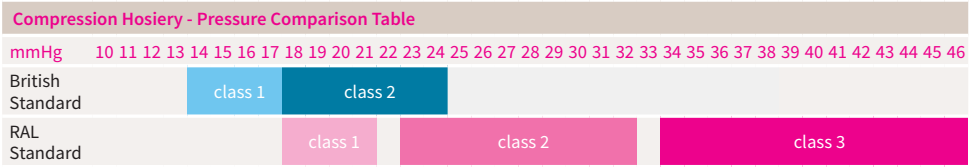
The action of compression on the skin and how it can return the function of the valves back to normal health.

Medical compression helps to restore the effectiveness of incompetent venous valves and therefore improves venous return and lowers venous hypertension

Pressure Comparison Table

Graduated compression is hosiery that has been knitted to apply decreasing pressure from the ankle to the knee or from the ankle to the thigh depending on length.

The degree of graduation from medi UK is measured in 2 standards – British and RAL with each requiring slightly different pressures to achieve that standard.



What compression class does your patient need?

British Standard class 1 14-17 mmHg	**Can be used as a first line treatment in the absence of red flags prior to ABPI confirmation**
British Standard class 2 18 -24 mmHg	**Light fabric for mild disease with mild oedema**
RAL class 1 18-21 mmHg	**Mild compression for early intervention eg. varicose veins, mild oedema**
RAL class 2 23-32 mmHg	**Moderate compression for the management/recurrence of venous leg ulcers or where RAL class 3 cannot be tolerated by the patient**
RAL class 3 34-46 mmHg	**Strong compression for the treatment of active venous leg ulcers, moderate to complex venous oedema/lymphoedema**

Immediate and necessary care

Patients presenting with a lower leg wound should be checked for red flags at their initial visit.

Infection or cellulitis

Suspected arterial disease

Blood clot

Skin cancer

If a swollen leg or foot, suspected arterial disease or infection, blood clot or suspected skin cancer are identified then the patient must be immediately referred to the appropriate clinical specialist.

If no red flags are noted then mild graduated compression of less than 20mmHg in the form of British Standard elastic hosiery class 1 such as duomed soft® or duomed soft® 2easy is recommended prior to a full holistic assessment which should take place within 2 weeks. Following assessment the correct level of compression can then be applied in order to heal the wound.

NB. all products included in this booklet are available on prescription

duomed soft®

COMPRESSION – LIGHT

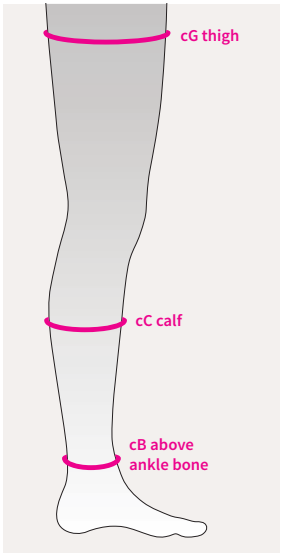
Light, comfortable and easy to apply aiding patient acceptance.

How to measure

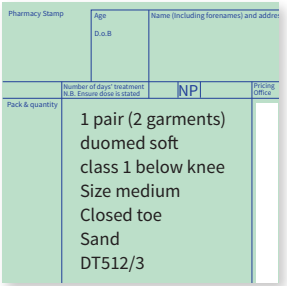
Measuring for duomed soft® is simple and straightforward.

All you need to do is measure the narrowest part of the ankle (cB) and widest part of the calf (cC). If you want thigh length then measure the circumference at the top of the thigh (cG). As the garment will stretch to any length of leg, a length measurement isn't needed.

In between sizes should choose the larger size.



Example of what to write on the prescription



Choose Size Circumference in cms	2 (S)	3 (M)	4 (L)	5 (XL)	6 (XXL)
cG Thigh	42-57	48-64	54-71	60-78	66-85
cC Calf	28-34	32-38	36-42	40-46	44-50
cB Ankle	19-21	22-24	25-27	28-30	31-34

duomed soft® order code check list					
Material	Light and sheer				
British Standard compression class 1, 2 and 3	BS ccl1 (14-17 mmHg)		BS ccl2 (18-24 mmHg)		BS ccl3 (25-35 mmHg)
Colour	Sand	Black	Sand	Black	Sand
Below knee open toe	DT511	DT511/B	DT521	DT521/B	DT532
Below knee closed toe	DT512	DT512/B	DT522	DT522/B	NA
Thigh length silicone topband open toe	DT611	DT611/B	DT621	DT621/B	DT632
Thigh length silicone topband closed toe	DT612	DT612/B	DT622	DT622/B	NA

NB. when ordering add size at the end of the code ie. DT511/4

duomed soft® 2easy

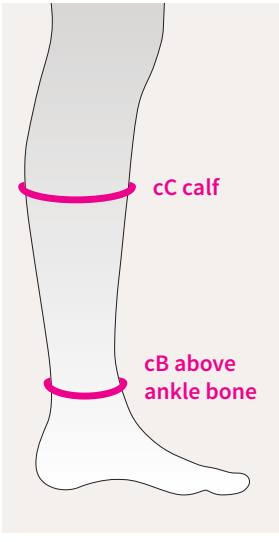
COMPRESSION – LIGHT

2 piece compression system developed by UK clinician

Unique system designed to simplify the application and removal of graduated compression

Proven to deliver a light graduated compression for the management of vascular conditions and chronic oedema

Supports motivation and engagement so patients commit to compression therapy



Below knee 2 piece system calf sleeve and anklet, closed toe		
Material	Light and sheer	
British Standard compression class 1 and 2	BS ccl1 (14-17mmHg)	BS ccl 2 (18-24 mmHg)
Supplied as a pair, with additional anklets available as spares		

Size Circumference in cms	2 (S)	3 (M)	4 (L)	5 (XL)	6 (XXL)
cC Calf	28-34	32-38	36-42	40-46	44-50
cB Ankle	19-21	22-24	25-27	28-30	31-34

Order Codes	BS ccl1		BS ccl2	
Colour	Sand	Black	Sand	Black
duomed soft 2easy calf sleeve and anklet (pair)	DT2E1/size	DT2E1/B/size	DT2E2/size	DT2E2/B/size
Anklet (pair)	DT2E1A/size	DT2E1A/B/size	DT2E2A/size	DT2E2A/B/size

NB. when ordering add size at the end of the code ie. DT2E1/B/2

"People with non-healing leg wounds should receive assessment within 14 days of initial presentation as it is likely that such wounds will already have been present for some time before this and further delay increases healing times and suffering" (NWCSP, 2020).

According to the National Wound Care Strategy Programme: (2020) Recommendations for Lower Leg Ulcers, assessment should include:

- Comprehensive assessment including clinical and psychosocial needs, review of medication, pain and analgesia needs, possible infection, nutrition

For vascular assessment, an ABPI measurement will help you to compress with confidence.

MESI ABPI MD

The results of an Ankle-Brachial Pressure Index (ABPI) can influence compression levels and is recommended by NWCSP before commencing compression therapy greater than 20mmHg. The role of ABPI assessment is to screen people to rule out PAD (peripheral arterial disease). Compression selection should be based on the clinical assessment, patient expectations and aims of compression therapy in combination with the results of the ABPI [4].

MESI ABPI MD takes this measurement in one minute with no prior resting period needed providing an accurate result so you can use compression with confidence.

For further information, a quote or to arrange training please email **abpi@mediuk.co.uk**

Step 1: Place arm and leg cuffs

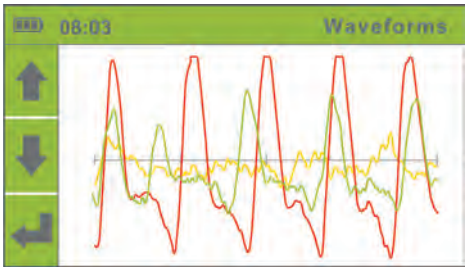
Step 2: Press START button to run measurement

Step 3: See the results

ABPI readings and arterial health

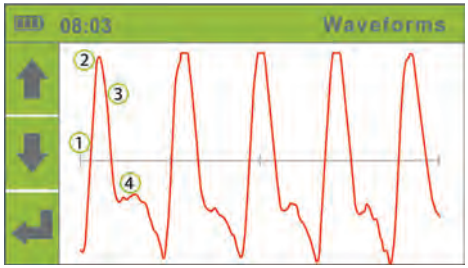
Mixed aetiology is defined as venous and arterial disease

4. Best Practice Statement: Compression Hosiery: a Patient Centric Approach, Wounds UK 2021



Pulse Volume Recording (PVR) waveforms

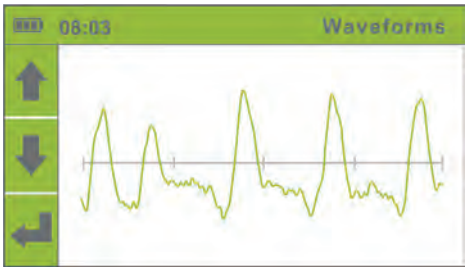
PVR is an essential part of the ABI measurement and indicate the severity of PAD.



Normal Pulse Volume Recording

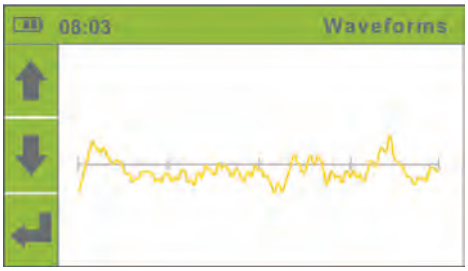
Normal PVR will display:

1. A rapid rise in the upstroke during systole
2. A very sharp peak
3. A gradual downstroke
4. A presence of dichrotic notch



Abnormally Low Pulse Volume Recording

No dichrotic notch, smaller amplitude, decreased slope and rounding of systolic peak are early signs of mixed aetiology. Measured ABI value is lower than the one with normal PVR.



Severe Pulse Volume Recording

A flattened PVR waveform indicates severe PAD. The absence of pulsations due to occlusions in the artery means an ankle pressure cannot be calculated.

NWCSP recommends wound bed debridement at assessment and subsequent dressing changes to remove barriers to wound healing such as sloughy tissue, biofilm and wound debris.

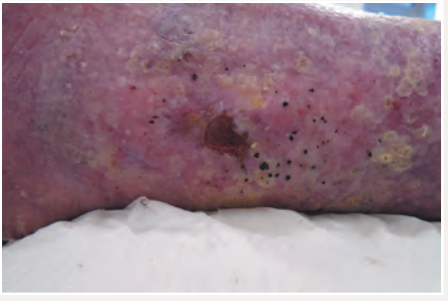
UCS® Debridement Cloth

- Unique mix of ingredients remove biofilms (Poloxamer 188), moisten (Allantoin) and soothe (Aloe Vera)
- Pre-moistened and ready to use
- Supports patient self-care.

UCS Debridement Cloth Case Study

Dry and static wound with hyperkeratotic surrounding skin. Difficult to assess the wound accurately.

Before use of UCS Debridement Cloth



After use of one UCS Debridement Cloth

Following the use of one UCS Debridement Cloth the surrounding skin is moisturised and it is easy to assess the wound and plan further treatment.

UCS Debridement Cloths	Pack	Order Code	PIP Code	NHSSC Code	PECOS Code
	Box of 10	DT500	384-4271	ELZ746	217 106

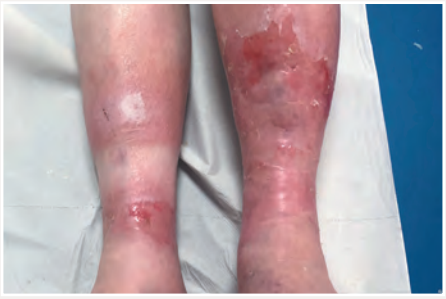
UCS® Debridement Glove

- Unique mix of ingredients remove biofilms (Poloxamer 188), moisten (Allantoin) and soothe (Aloe Vera)
- Suitable for use on a large area of wound, peri wound and limb skin
- Can use both sides and open up to create a large cloth.

UCS Debridement Glove Case Study

Chronic, dry lower limb wound.

Before use of UCS Debridement Glove

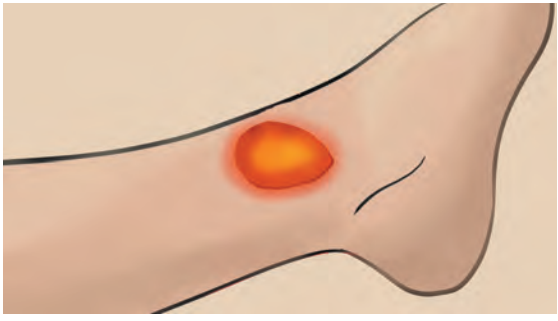


After use of one UCS Debridement Glove

Following the use of one UCS Debridement Glove the wound bed is easier to assess, the wound edges are clearer and the limb skin is moisturised.

UCS Debridement Gloves	Pack	Order Code	PIP Code
	Box of 5	DT501	417-1229

What is a venous leg ulcer?



A venous leg ulcer is a chronic leg wound caused by poor venous blood circulation in the lower limbs. It is a recurring condition causing pain, malodour, reduced mobility and depression.

Hosiery Hunter® & Wrap Hunter®

medi

CLINICAL SYMPTOMS SCORE		Tick score
Ankle flare/spider veins	1	
Varicose veins	2	
Oedema	5	
Hemosiderin staining	2	
Varicose eczema	2	
Lipodermatosclerosis	2	
Atrophe blanche	2	
Healed venous leg ulcers	5	
Active venous leg ulcers	40	
Lymphoedema/chronic oedema diagnosis	10	

More than one clinical systom can be selected

BMI SCORE		Tick score
Below 18.5 (below average)	0	
18.5 - 24.9 (average)	0	
25 - 29.9 (above average)	5	
30+ (obese)	10	

Patient name

Patient identifier

LIMB DESCRIPTION SCORE			Tick score
	Straight shaped leg Muscle Wasting	0	
	Normal shaped Defined graduation	0	
	Skin folds Leg is not a graduated shape	10	
TOTAL SCORE (combined total scores of all clinical symptoms, bmi and limb description scores)			

HOSIERY SCORE	
Below 5	duomed soft juxtalite
5 - 10	mediven elegance mediven for men mediven active mediven plus juxtalite
11 - 15	mediven plus juxtalite
16 - 40	mediven mondi m2m juxtafit
41 - 60	mediven ulcer kit juxtalite
61 +	juxtafit

This is to be used as a guide only to support your full assessment and decision making.

medi UK Ltd | Tel. 01432 373500 | www.mediuk.co.uk | enquiries.clinical@mediuk.co.uk

Following holistic assessment, a patient specific treatment plan can be formulated. The Hosiery Hunter® helps to identify the most appropriate product for your patient. Contact **enquiries.clinical@mediuk.co.uk** for an interactive PDF

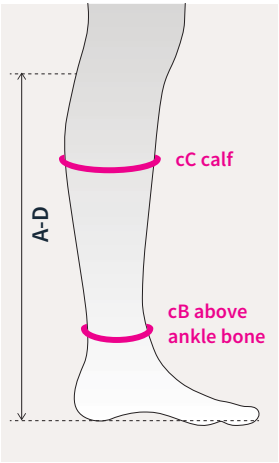
mediven® ulcer kit

COMPRESSION – STRONG

For small to moderate sized venous leg ulcers with low to moderate exudate

- Unique 20mmHg white closed toe ulcer stocking /20mmHg beige open toe outer stocking system
- Knitted heel section reduces the wrinkles at ankle flex and extension
- Delivers therapeutic dosage of compression 24 hours a day even when patient is sleeping
- Ulcer stocking surface material specially designed to make putting on and removing stocking simple, easy and comfortable
- White ulcer stocking machine washable at 90C˚

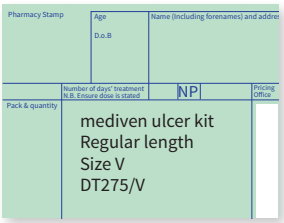
MEASURING GUIDE



mediven ulcer kit order code check list		
Material	Strong	
Length (floor to below knee crease/AD)	Petite (34-38cm)	Regular (39-44cm)
mediven ulcer kit (2 white ulcer stockings and 1 beige outer stocking)	DT276	DT275
mediven ulcer stocking refill (2 per pack)		DT277

NB. when ordering add size at the end of the code ie. DT275/V

Circumferences in cm							
Size	I	II	III	IV	V	VI	VII
Calf cC	28-34	30-37	33-40	35-43	37-46	39-49	41-51
Ankle cB	18-20	20-22	22-24	24-26	26-28	28-30	30-32
Colour mark - heel	pink	blue	yellow	red	grey	green	brown



Example of what to write on the prescription

juxtalite®

For legs that are swollen, poor shape with excessive exudate.

Swollen leg or foot

Poor shape

Exudate

- Can be used over any type of dressing and any size leg ulcer including a wet leg
- Only wrap available with a Built-in Pressure System (BPS) allowing for consistent pressure throughout the healing process
- Durable and firm interlocking wrap which is easy and comfortable to manage.

juxta wraps have their own Built-in Pressure System (BPS).

juxtalite®

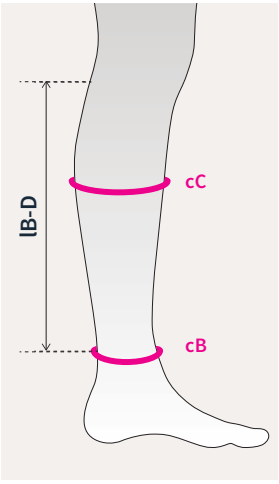
juxtalite is suitable for venous conditions including oedema with or without a wound.

Guaranteed 6 months compression

Image of juxtalite BPS

Pack contents:
2 black compressive foot juxta undersocks
1 juxtalite
1 juxtalite Built-in Pressure System (BPS)
1 instructions for use (IFU)

MEASUREMENT GUIDE



juxtalite order code check list		
Material	Light to strong 20-50mmHg	
Length (above malleolus to below knee/BD)	**Short (28cm)**	**Long (33cm)**
Standard profile	DT301	DT300
Calf extra wide (XW) profile	DT301X	DT300X

NB. when ordering add size at the end of the code ie. DT301X/3

Circumferences in cm								
	2 (S)	3 (M)	3 (M-XW)	4 (L)	4 (L-XW)	5 (XL)	5 (XL-XW)	6 (XXL)
cC	26-36	33-44	44-54	41-51	51-61	37-48	48-61	53-64
cB	19-22	22-27	22-27	25-32	25-32	30-37	30-37	35-42

juxtafit® lower legging

juxtafit lower legging is suitable for the reduction or maintenance of limb volume in chronic oedema and lymphoedema with or without wounds or exudate.

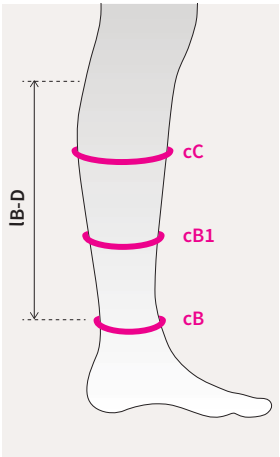
Image of juxtafit BPS

Guaranteed 12 months compression

Pack contents:

2 black compressive foot juxta undersock
1 juxtafit
1 pacband for the foot
1 black silky coverup
1 juxtafit Built-in Pressure System (BPS)
1 instructions for use (IFU)

MEASUREMENT GUIDE



juxtafit order code check list		
Material	Light to strong 20-50mmHg	
Length (above malleolus to below knee/BD)	**Petite (28cm)**	**Regular (36cm)**
Standard profile	DT950	DT951
Calf extra wide (XW) profile	DT950	DT951

NB. when ordering add size at the end of the code ie. DT951/3 and add X if extra wide required ie. DT951/3X

Circumferences in cm

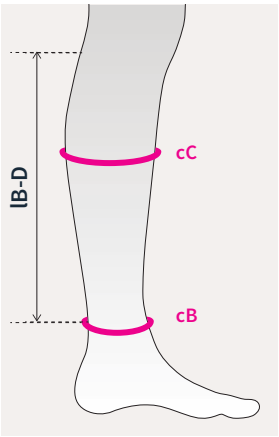
	2(S)	3(M)	3X(M-XW)	4(L)	4X(L-XW)	5(XL)	5X(XL-XW)	6(XXL)	7(XXXL)
cC	30-38	36-43	43-50	41-48	48-56	41-51	51-61	53-64	58-70
cB1	20-28	25-33	33-40	30-38	38-46	33-41	41-51	43-53	50-60
cB	15-23	20-28	20-28	25-33	25-33	30-38	30-38	33-41	42-52

juxtacures®

juxtacures is suitable for the treatment of large venous leg ulcers with or without exudate. The bespoke nature of the garment is particularly useful when dealing with venous oedema and exudate as the spine can be repositioned to accommodate the reducing leg size.

Image of juxtacures BPS

Guaranteed 6 months compression



MEASUREMENT GUIDE

Actual garment length in cm	Short	Standard	Long
lB-D	28	33	38
Product codes	**Short**	**Standard**	**Long**
	DT 100/2	DT 100/3	DT100/4

Your bespoke juxtacures garment in 3 simple steps:

Step 1

First measure the length from above ankle to knee crease Then take the circumference measurements of the ankle B and calf C.

juxtacures order codes	
Short (28 cm)	DT100/2
Standard (33 cm)	DT100/3
Long (38 cm)	DT100/4

Step 2

Take the spine piece and place the hook and loop fastener on the bottom edge of the body piece for the ankle circumference B and on the top edge for calf circumference C.

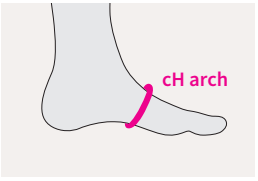
Step 3

Fold over the spine and cut off the excess material leaving approximately 5cm of overlap.

juxta® accessories

comfort compression anklet		
	Standard	Large
Arch circumference (cH)	19-36 cm	22-44 cm

ANKLET MEASURING GUIDE



comfort liner and comfort compression anklet order codes		
comfort liner	comfort compression anklet	
	Standard	Large
DT100L	DT100SA	DT100LA

juxta toe cap order codes					
juxta toe cap	2	3	4	5	6
cA base of toes (cm)	20-22	22-24	24-26	26-28	28-30
order codes	DT772/2	DT772/3	DT772/4	DT772/5	DT772/6

juxta toe cap is for the management of swollen toes and can be trimmed to size.

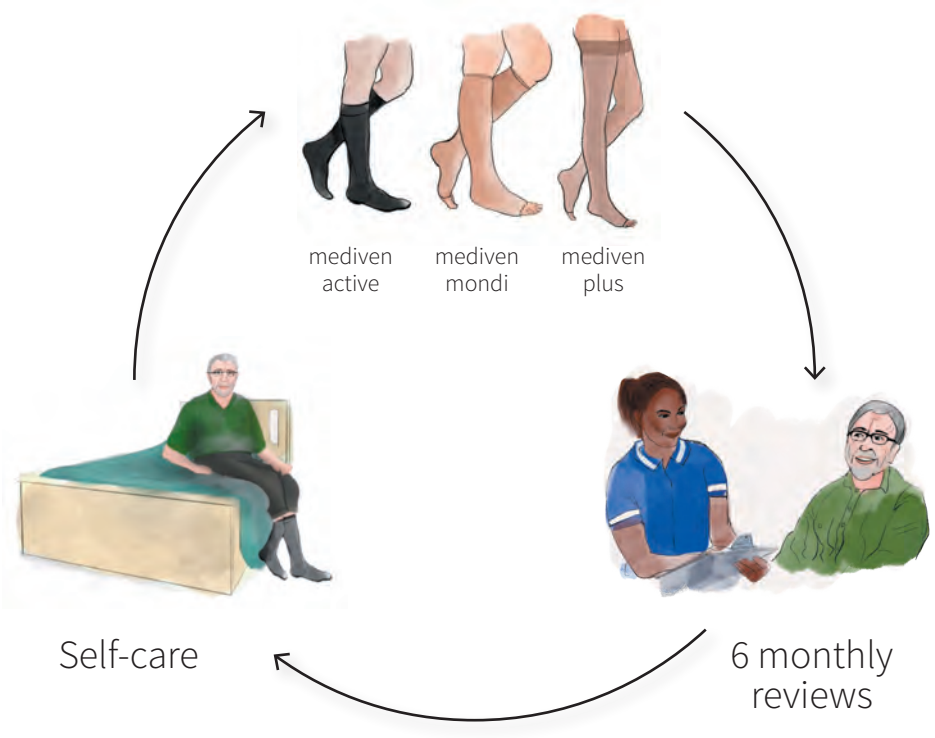
TOE CAP MEASURING GUIDE

Why is Prevention Important?

It is important to prevent the recurrence of venous leg ulcers and to manage venous insufficiency whether at chronic, severe, moderate or early stage to prevent symptoms worsening.

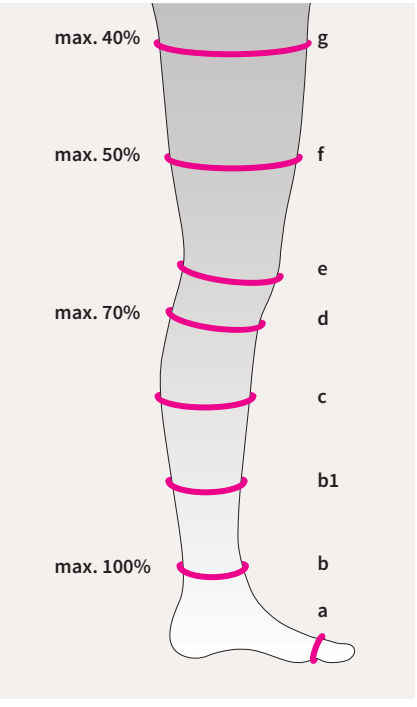
Following the treatment of your patient's venous leg ulcer and their healing in full compression (40mmHg if ABPI healthy), strong compression will be required for life to reduce the risk of recurrence.

Compression is the gold standard of managing venous insufficiency and RAL standard compression is the quality standard medi UK use for their range of compression hosiery.



mediven -
RAL quality standard compression

Knitted to deliver the graduated compression needed to reverse venous hypertension (high pressure in the ankle which builds when veins are not adequately functioning), mediven is guaranteed for 6 months.



mediven pressure gradient RAL standard
Hohenstein (HOSY) tested

mediven in round knit options
Round knit is commonly used to treat venous disorders and can look like everyday opaque tights. The compression action of the round knit squeezes back onto the leg helping to improve unhealthy veins.

mediven in flat knit options
Flat knit is commonly used to treat advanced venous disease where oedema is present (chronic oedema) and disease of the lymphatic system (lymphoedema). Flat knit offers high wall stability to contain the oedema and encourage interstitial fluid back into the lymphatic/venous system reducing the potential of rebound oedema. The compression action of the flat knit micro-massages the skin encouraging the flow of lymphatic fluid away from the area of congestion.

mediven elegance®

RAL COMPRESSION – LIGHT

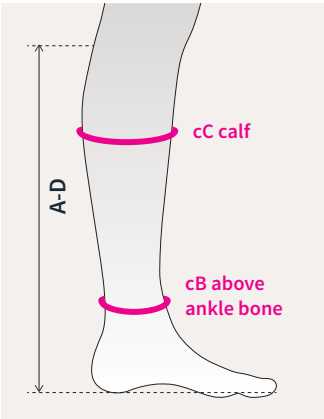
mediven elegance is the lightest RAL compression for mild conditions.

mediven elegance below knee closed toe order code check list								
Material	Light RAL round knit compression							
RAL compression	ccl1 (18-21mmHg)				ccl 2 (23-32mmHg)			
Length (floor to below knee crease/AD)	Petite (34-38cm)		Regular (39-44cm)		Petite (34-38cm)		Regular (39-44cm)	
Colour	Beige	Black	Beige	Black	Beige	Black	Beige	Black
Below knee closed toe	DT186/0	DT186/5	DT185/0	DT185/5	DT286/0	DT286/5	DT285/0	DT285/5

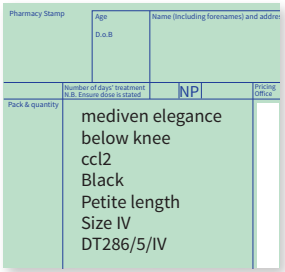
Made to measure option available
NB. when ordering add size at the end of the code ie. DT186/0/III

MEASUREMENT GUIDE

Below knee



Circumferences in cm								
Sizes		I	II	III	IV	V	VI	VII
Calf	cC	28-34	30-37	33-40	35-43	37-46	39-49	41-51
Ankle	cB	18-20	20-22	22-24	24-26	26-28	28-30	30-32



Example of what to write on the prescription

mediven elegance®

RAL COMPRESSION – LIGHT

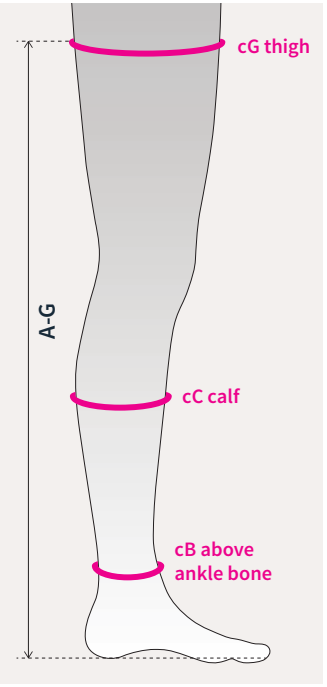
mediven elegance is the lightest RAL compression for mild conditions.

mediven elegance closed toe thigh and tights order code check list								
Material	Light RAL round knit compression							
RAL compression	ccl1 (18-21mmHg)				ccl 2 (23-32mmHg)			
Length (floor to groin/AG)	Petite (62-71cm)		Regular (72-83cm)		Petite (62-71cm)		Regular (72-83cm)	
Colour	Beige	Black	Beige	Black	Beige	Black	Beige	Black
Thigh with standard lacy silicone topband	DT190/0	DT190/5	DT189/0	DT189/5	DT290/0	DT290/5	DT289/0	DT289/5
Thigh extra wide with lacy silicone topband	DT190X/0	n/a	DT189X/0	n/a	DT290X/0	n/a	DT289X/0	n/a
Tights	DT192/0	DT192/5	DT191/0	DT191/5	DT292/0	DT292/5	DT291/0	DT291/5

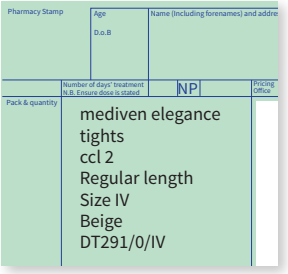
Made to measure option available
NB. when ordering add size at the end of the code ie. DT189X/0/IV

MEASUREMENT GUIDE

Thigh length



Circumferences in cm								
Sizes		I	II	III	IV	V	VI	VII
Tights	cG	43-57	45-62	49-69	53-72	56-77	60-81	64-85
Thigh extra wide with topband	cG	49-57	53-62	57-67	61-72	65-77	69-81	73-85
Thigh standard with topband	cG	43-48	45-52	49-56	53-60	56-64	60-68	64-72
Calf	cC	28-34	30-37	33-40	35-43	37-46	39-49	41-51
Ankle	cB	18-20	20-22	22-24	24-26	26-28	28-30	30-32



Example of what to write on the prescription

mediven® for men

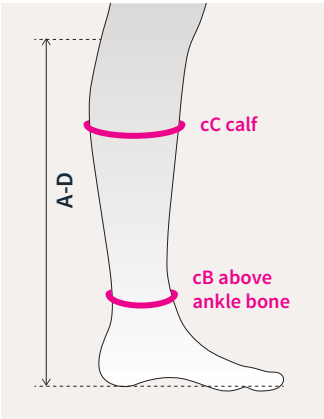
RAL COMPRESSION – LIGHT

mediven for men is a below knee RAL compression sock for mild to moderate conditions. It is suitable for those with a wide foot and/or a longer second toe as it has a generous toe sizing area. Ideal for those with a shoe size of 39-46.

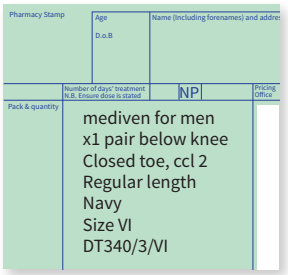
mediven for men below knee order code check list						
Material	Light RAL round knit fabric					
RAL compression	ccl1 (18-21mmHg)					
Length (floor to below knee crease/AD)	Petite (34-38cm)			Regular (39-44cm)		
Colour	Black	Navy	Grey	Black	Navy	Grey
Below knee closed toe 'business rib' style sock	DT343/5	DT343/3	DT343/2	DT342/5	DT342/3	DT342/2
RAL compression	ccl 2 (23-32mmHg)					
Length (floor to below knee crease/AD)	Petite (34-38cm)			Regular (39-44cm)		
Colour	Black	Navy	Grey	Black	Navy	Grey
Below knee closed toe 'business rib' style sock	DT341/5	DT341/3	DT341/2	DT340/5	DT340/3	DT340/2

NB. when ordering add size at the end of the code ie. DT343/3/VI

MEASUREMENT GUIDE



Circumferences in cm								
Sizes		I	II	III	IV	V	VI	VII
Calf	cC	28-34	30-37	33-40	35-43	37-46	39-49	41-51
Ankle	cB	18-20	20-22	22-24	24-26	26-28	28-30	30-32



Example of what to write on the prescription

mediven plus®

RAL COMPRESSION – MODERATE

mediven plus is RAL compression for mild to moderate conditions.

mediven plus open toe below knee order code check list				
Material	Moderate RAL round knit fabric			
RAL compression	ccl1 (18-21mmHg)			
Length (floor to below knee crease/AD)	Petite (34-38cm)		Regular (39-44cm)	
Colour	Beige	Black	Beige	Black
Below knee open toe	DT102/0	DT102/5	DT101/0	DT101/5
Below knee open toe calf extra wide	DT104/0	DT104/5	DT103/0	DT103/5
RAL compression	ccl 2 (23-32mmHg)			
Length (floor to below knee crease/AD)	Petite (34-38cm)		Regular (39-44cm)	
Colour	Beige	Black	Beige	Black
Below knee open toe	DT202/0	DT202/5	DT201/0	DT201/5
Below knee open toe calf extra wide	DT204/0	DT204/5	DT203/0	DT203/5
RAL compression	ccl 3 (34-46mmHg)			
Length (floor to below knee crease/AD)	Petite (34-38cm)		Regular (39-44cm)	
Colour	Beige	Black	Beige	Black
Below knee open toe	DT402/0	DT402/5	DT401/0	DT401/5
Below knee open toe calf extra wide	NA	NA	DT422/0	DT422/5

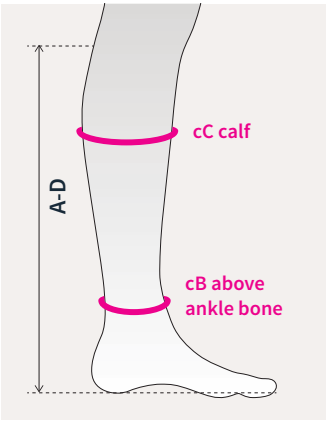
Made to measure option available
NB. when ordering add size at the end of the code ie. DT102/5/II

mediven plus®

RAL COMPRESSION – MODERATE

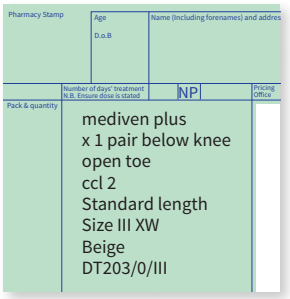
MEASUREMENT GUIDE

Below knee



Circumferences in cm								
Sizes		**I**	**II**	**III**	**IV**	**V**	**VI**	**VII**
Calf extra wide	**cC**	34-38	37-41	40-44	42-46	44-48	46-50	48-52
Calf	**cC**	28-34	30-37	33-40	35-43	37-46	39-49	41-51
Ankle	**cB**	18-20	20-22	22-24	24-26	26-28	28-30	30-32

Example of what to write on the prescription



mediven plus®

RAL COMPRESSION – MODERATE

mediven plus is RAL compression for mild to moderate conditions.

mediven plus open toe thigh length order code check list				
Material	Moderate RAL round knit fabric			
RAL compression	ccl1 (18-21mmHg)			
Length (floor to groin/AG)	Petite (62-71cm)		Regular (72-83cm)	
Colour	Beige	Black	Beige	Black
Thigh length with plain silicone topband	DT106/0	DT106/5	DT108/0	DT108/5
Thigh length extra wide with plain silicone topband	DT106X/0	n/a	DT108X/0	n/a
Thigh length with waist attachment (left)	DT120/0	DT120/5	DT119/0	DT119/5
Thigh length with waist attachment (right)	DT118/0	DT118/5	DT117/0	DT117/5
RAL compression	ccl 2 (23-32mmHg)			
Length (floor to groin/AG)	Petite (62-71cm)		Regular (72-83cm)	
Colour	Beige	Black	Beige	Black
Thigh length with plain silicone topband	DT199/0	DT199/5	DT200/0	DT200/5
Thigh length extra wide with plain silicone topband	DT199X/0	n/a	DT200X/0	n/a
Thigh length with waist attachment (left)	DT210/0	DT210/5	DT209/0	DT209/5
Thigh length with waist attachment (right)	DT208/0	DT208/5	DT207/0	DT207/5
RAL compression	ccl 3 (34-46mmHg)			
Length (floor to groin/AG)	Petite (62-71cm)		Regular (72-83cm)	
Colour	Beige	Black	Beige	Black
Thigh length with plain silicone topband	DT399/0	DT399/5	DT400/0	DT400/5
Thigh length extra wide with plain silicone topband	DT399X/0	n/a	DT400X/0	n/a
Thigh length with waist attachment (left)	DT408/0	DT408/5	DT406/0	DT406/5
Thigh length with waist attachment (right)	DT407/0	DT407/5	DT405/0	DT405/5

Made to measure option available
NB. when ordering add size at the end of the code ie. DT106X/0/V

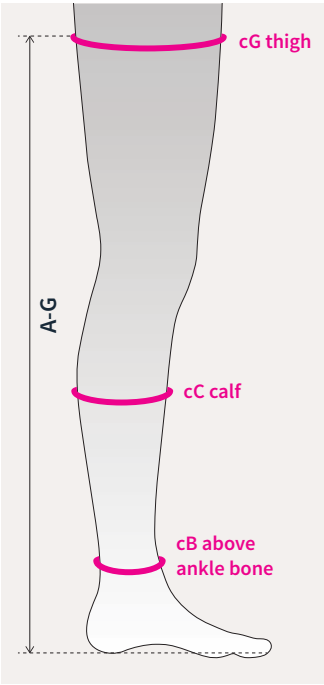
mediven plus®

RAL COMPRESSION – MODERATE

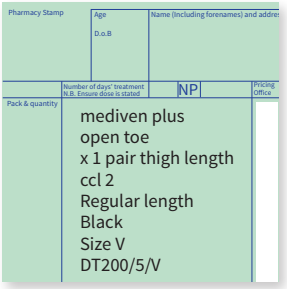
Measurement guide

Thigh length

Circumferences in cm								
Sizes		**I**	**II**	**III**	**IV**	**V**	**VI**	**VII**
Thigh with waist attachment	cG	43-57	45-62	49-67	53-72	56-77	60-81	64-85
Thigh extra wide with silicone topband	cG	49-57	53-62	57-67	61-72	65-77	69-81	73-85
Thigh standard circumference with silicone topband	cG	43-48	45-52	49-56	53-60	56-64	60-68	64-72
Calf	cC	28-34	30-37	33-40	35-43	37-46	39-49	41-51
Ankle	cB	18-20	20-22	22-24	24-26	26-28	28-30	30-32



Example of what to write on the prescription



mediven active®

RAL COMPRESSION – STRONG

mediven active is a below knee RAL compression sock for moderate to chronic conditions.
It is suitable for those with a longer leg length and foot. Ideal for a shoe size of 38-48.

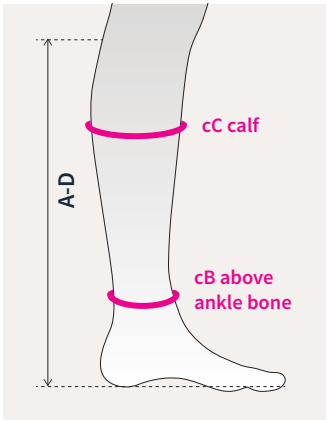
mediven active below knee order code check list				
Material	Strong RAL round knit fabric			

RAL compression	ccl1 (18-21mmHg)			
Length (floor to below knee crease/AD)	Petite (37-42cm)	Regular (43-49cm)		
Colour	Black	Black	Navy	Grey
Below knee closed toe robust sock with padded foot	DT181/5	DT180/5	DT180/3	DT180/2

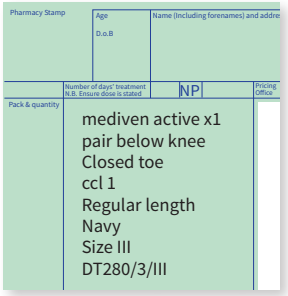
RAL compression	ccl 2 (23-32mmHg)			
Length (floor to below knee crease/AD)	Petite (37-42cm)	Regular (43-49cm)		
Colour	Black	Black	Navy	Grey
Below knee closed toe robust sock with padded foot	DT281/5	DT280/5	DT280/3	DT280/2

NB. when ordering add size at the end of the code ie. DT180/6/II

MEASUREMENT GUIDE



Circumferences in cm								
Sizes		I	II	III	IV	V	VI	VII
Calf	cC	28-34	30-37	33-40	35-43	37-46	39-49	41-51
Ankle	cB	18-20	20-22	22-24	24-26	26-28	28-30	30-32



Example of what to write on the prescription

mediven flat knit range of RAL quality standard compression

RAL COMPRESSION – STRONG

The mediven flat knit range has been developed to manage chronic oedema, lymphoedema and lipoedema and are made to measure.

mediven mondi is for mild to moderate chronic oedema and mediven cosy is for moderate to severe chronic oedema, lymphoedema and lipoedema.

Available in a wide range of colour and patterns, measurement forms are available from **enquiries.clinical@mediuk.co.uk**

mediven® mondi and mediven® cosy made to measure form for FP10/GP10 This side is for below knee
Complete both sides for thigh length/tights.

Date: _____ Purchase Order No.: _____
Measured By: _____
Tel: _____ Email: _____

Patient Name: _____
Delivery Address: _____
_____
Invoice Address: _____

① **Fabric choice:**
- ☐ mediven mondi
- ☐ mediven cosy

② **Compression class (RAL) and Qty:**

QUANTITY	Left	Right
CCL1 (18-21mmHg)		
CCL2 (23-32mmHg)		
CCL3 (34-46mmHg)		

③ **Silicone Topbands below knee:** *add DTTB & quantity to prescription*
- ☐ Sensitive
- ☐ Rose pattern
- ☐ Plain with dotted silicone
- ☐ 2.5cm ☐ 5cm

④ **Colour:**
- ☐ Black
- ☐ Navy
- ☐ Anthracite*
- ☐ Cashmere*
- ☐ Grey*
- ☐ Violet*
- ☐ Sand
- ☐ Caramel
- ☐ Magenta*
- ☐ Cherry Red*
- ☐ Blue-Jeans*

* optional - extended delivery period. If no colour specified, caramel will be supplied.

⑤ **Patterns - mediven cosy only**
- ☐ Ribs ☐ Stars ☐ Pyramids

⑥ ☐ **Added Y Mark** for wheelchairs users *add DTYKM & quantity to prescription*

Lengths LEFT	Circumferences LEFT		Circumferences RIGHT		Lengths RIGHT
D ☐	D ☐	KNEE	KNEE	D ☐	D ☐
C ☐	C ☐			C ☐	C ☐
B1 ☐	B1 ☐			B1 ☐	B1 ☐
B ☐	B ☐			B ☐	B ☐
	Y ☐			Y ☐	
	A ☐	LEFT LEG	RIGHT LEG	A ☐	
Measure length from base of heel to each point, following contours					Measure length from base of heel to each point, following contours

Foot Styles
☐ Closed toe ☐ Open toe

Foot Length - Closed Toe (heel to longest toe)
Closed toe left ☐ Closed toe right ☐

Left Foot Slant
☐ outside inside ☐

Left and right foot slant
Please complete for both open and closed toe orders

Right Foot Slant
☐ inside outside ☐

⑦ **Zip:** *add DTZIP & quantity to prescription*
- ☐ Inside (B-D)
- ☐ Outside (B-D)

mediven mondi order codes:	
CCL1	DTMK1
CCL2	DTMK2
CCL3	DTMK3

mediven cosy order codes:	
CCL1	DTCK1
CCL2	DTCK2
CCL3	DTCK3

ADD the following codes to your prescription

mediven mondi & mediven cosy EXTRAS:	
Closed Toe	DTTOE
Added Y mark (heel)	DTYKM
Zip	DTZIP
Topband	DTTB

For further information, please call 01432 373508 to speak directly with our Customer Services Team or email: m2m@mediuk.co.uk

medi does not take responsibility for contraindicated use of these garments or for incorrect measurements

Thigh length or tights m2m chart also available

Notes

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www.mediuk.co.uk