Nexus
Nephrostomy UK

QUICK START GUIDE



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To get you started

To get you started this guide will cover some of the basics on fitting the **Nexus** drainage system to your body and nephrostomy tubes. You may be new to nephrostomy drainage or perhaps have been living with a single or bilateral nephrostomy tube for a while and using different bags or pouches.

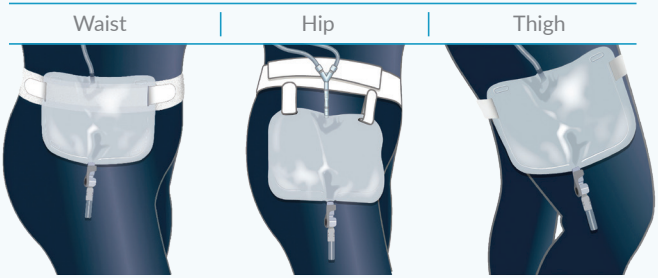
Either way this guide will explain the different options of wearing the **Nexus** system, as well as how other medical devices can help you manage your nephrostomy to suit you and your lifestyle.

It is important to remember anyone performing any nephrostomy care must always wash their hands thoroughly with soap and water before and after the process.



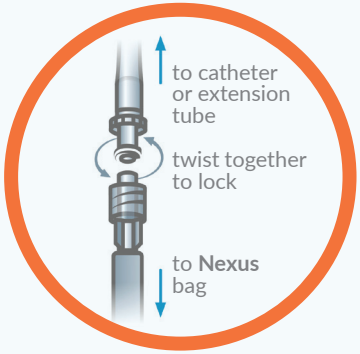
This guide is for your information and, although accurate, is not a replacement for specific advice from the healthcare professional in charge of your care.

Nexus positioning – single or bilateral



The Instructions for Use that came with the sample pack describe in detail how the belt and straps are used, there are also animations on the website:
www.nephrostomy.co.uk/directions-for-use/

Nexus inlet tubes connect directly to your nephrostomy catheter



Nexus bag connector for single or bilateral nephrostomies

The **Nexus** drainage bags come in a sterile pouch. If the product code on the pouch is **NX1adj** or **NX2adj** it also contains 2 additional inlets extension tubes to allow you to choose the correct inlet length. You may or may not need these depending on where you wear the bag. The **Nexus** system connects directly to your nephrostomy catheter using a Luer Lock twist connection as shown above.

Securing the Nexus inlet tubes

It is vital that the nephrostomy catheter and drainage bag tubes are secure so as not to pull on the catheter in your kidney.

You may choose to use skin friendly silicone tape to secure the tube such as **Optimum Medical**'s **Multi Fix Gentle** as shown in the diagrams below which can be removed and reused several times, which is available on UK prescription. In addition, the positional tape on the thigh strap can be used to secure tubing to the waistbelt when using the suspenders.





The outlet tap can be folded under the bag to shorten its overall length - note this will reduce the capacity slightly.



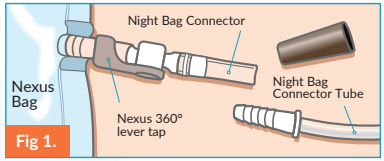


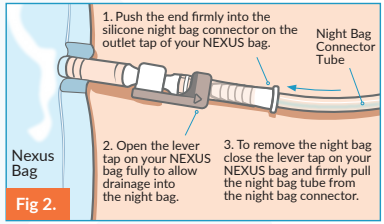
Overnight with Nexus

If you haven't received overnight drainage bags on leaving hospital please ask your Healthcare Provider – these can be ordered on prescription in the UK. The **Nexus** drainage bag has a connecting tube at the bottom of the outlet tap which pushes onto the end of any standard conical 2 Litre overnight bag inlet tube - Fig 1.

Connect these as shown in Fig 2 and simply open the outlet tap on the **Nexus** bag (leave it open overnight) meaning you can sleep without needing to empty the Nexus bag during the night. If you have only a single nephrostomy catheter you may still need to empty your bladder in the usual way, in which case take the overnight bag to the toilet without disconnecting. All night bag holders, such as the **Ugo Stand With Dignity** pictured, have a convenient handle for this purpose.

Connecting **Nexus** to overnight bag





Ugo Stand with Dignity cover



There are 2 type of overnight bags:



① **Single use** – some people prefer these as they are less likely to pull/drag on the **Nexus** bag. They cannot be reused so you need a new one every night.

② **Reusable** – these have an outlet tap and can be reused, once drained rinse through with water and store for the next night.
Replace every 5-7 days.

Ordering supplies from your prescriber

You should have been discharged from hospital with enough supplies to last at least 2 weeks.

Do not delay in ordering replacement items on prescription as these can take several days to obtain from some community suppliers. The hospital should have advised your prescriber with this information directly. If not, or if you have issues getting hold of **Nexus** bags you or your usual supplier can call us directly on:

0113 2633 849

or email:

NUKorders@nephrostomy.co.uk

Alternatively you can use our Home Delivery Partner to obtain your supplies:

vyne

www.vyne.co.uk
020 3987 7560 | hello@vyne.co.uk
Opening hours:
Mon-Fri: 8:00am - 7:00pm
Sat: 8:00am - 1:00pm

Order Codes for extra items

The additional items mentioned here are suggestions to help you manage living with a nephrostomy. There are many other such devices available that your HCP may recommend.

Product Name	Product Code	Product Description	PIP Code	Manufacturer
Multifix Gentle	3031	Secure medical tubing re-adhesive silicone gel strip	405-9192	Optimum Medical
Ugo 10 Xtra	3300	2L single use night bag	419-3181	Optimum Medical
Ugo 12	12/S/D/L	2L drainable night bag	400-8512	Optimum Medical
Ugo Stand with Dignity	3024	2L overnight bag stand	*	Optimum Medical

* Can be obtained directly from **Optimum Medical**. Call **0113 2633 849**

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