About your nephrostomy catheter

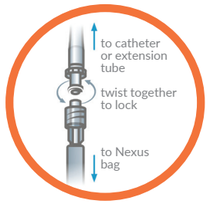
The full medical name is a Percutaneous Nephrostomy Catheter. You will have had a nephrostomy catheter inserted if you need to relieve a blockage in your urinary system. The nephrostomy catheter will have been inserted through your skin into one or both of your kidneys. This will allow urine to drain into a bag outside your body (in some cases, it may also drain into your bladder).

Under local anaesthetic a fine silicone or plastic tube, called a catheter, will have been passed through the skin into the renal pelvis of your kidney. One end of the catheter forms a loop in this area. The other end of the catheter will extend from your body at the back. This catheter then allows the urine to drain from the kidney into a collecting bag, outside the body.

Your nephrostomy catheter will be attached to an external drainage bag to collect the urine. If you are using the Nexus Nephrostomy Bag System you can choose to wear the drainage bag(s) around your waist, hip or around your thigh on either side of the body.

If you have bilateral nephrostomy catheters (both kidneys). You can choose to wear the Nexus Bilateral System, which needs only one bag, connected with a Y connector to both of your catheters, or you can choose to wear two drainage bags, one on either side of your body.

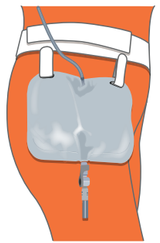
If you have one nephrostomy tube it is expected that you will pass urine in the normal way as well, as the other kidney will still be draining urine into your bladder. If you have two nephrostomy tubes it is expected that the tubes will drain all the urine so passing urine would be unlikely but is still possible in some cases.



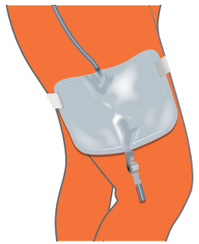
Nexus bag connector
for single or bilateral nephrostomies



Nexus bag connector
for a bilateral nephrostomy only



Waist option



Thigh option

To watch an animated tutorial go to our website or scan this QR code

When you get home from hospital you should have enough supplies to last you around a week or two. Nexus bags need changing weekly so request a prescription from your GP and obtain supplies from your pharmacy or home delivery service. Make sure you are requesting your prescriptions well in advance of running out of supplies - a week to 10 days in advance as a guideline. The Nexus range is also readily available through Vyne, our home delivery service partner.

How does it work?



1. Call **Vyne**'s Customer Care team on **020 3987 7560**
2. Tell them what products you require
   (keep this booklet with the codes for reference)
3. **Vyne** get your prescription from your GP
4. And ship everything you need to your door.

It's a friendly, personal service with absolutely no costs to you.
They'll help you manage your future orders as well, so you're never left without.

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

NUK Nexus Nephrostomy UK

Going home with your nephrostomy

This guide will give you some information on what a nephrostomy is, who to speak to if you need support, what products you'll need for your nephrostomy and how to get more of them.

Nephrostomy UK,
High Barn, High Barn Road,
Effingham, Surrey, KT24 5PR
Advice line Tel: 0800 088 6398
NUKhelp@nephrostomy.co.uk
www.nephrostomy.co.uk

First and foremost – you are not alone

Thousands of people have nephrostomy tubes inserted every year for all sorts of reasons. There are a lot of resources to help you from NHS and Nephrostomy UK healthcare professionals to national charities and patient support groups. These can all put you in touch with other people living with a nephrostomy, giving you a community of people who have experienced what you are now.

If you're having issues with your nephrostomy, please contact your healthcare professional who can advise and assist you.
If it is 'out of hours' and cannot wait until clinic opening times call to discuss the situation with the emergency healthcare team in your area, this may be a hospital helpline, 111 (in the UK) or other medical advice line.

Your healthcare professional details:

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Nephrostomy UK Nexus Range

Ensure before leaving hospital that your specialist professional indicates below what products you will need to get on repeat prescription once you are back at home.

Product code	PIP code*	Product Description	Quantity
NX1Bag	423-5594	Nexus Standard Single bags	10 bags
NX2Bag	423-5800	Nexus Standard Bilateral bags	10 bags
NX1Adj	423-5784	Nexus Adjustable Single bags	10 bags
NX2Adj	423-5818	Nexus Adjustable Bilateral bags	10 bags
NXBelt	423-5792	Nexus Belt Pack	1 x Waist Belt 2 x Drainage Bag Suspenders 1 x Thigh Strap
NX1S	423-7095	Nexus single or bilateral starter pack	4 x Adjustable Single bags 1 x Nexus Belt Pack
NX2S	423-7111	Nexus bilateral only starter pack	2 x Adjustable Bilateral bags 1 x Nexus Belt Pack

* PIP Codes are used by pharmacies to easily identify the product.

☐ **UGO10 Xtra** Single-use T Tap (can only drain once) | Non-sterile | 2000ml | 10 bags

☐ ....

(Box of recommended dressings for nephrostomy catheter)

It is recommended you have two Nexus NXBelt packs so one set can be in the wash whilst one is in use.

Nexus is your flexible, wearable choice with unique advantages

- If you have a bilateral nephrostomy you can choose to wear only a single bag for convenience, halving the cost and reducing waste plastic.
- Adjustable inlet tubes are available to suit individual requirements.
- There is the option to wear Nexus bags on the waist, hip, or thigh due to the adjustable belt system.
- The varied wearable options are perfect for all as well as people with stomas or sensitive skin conditions.
- Enables you to wear clothing to suit your lifestyle rather than your nephrostomy. Discreet and ideal for sports activities, travel, workwear, outings etc.
- Easy and secure to wear, made of a soft, sturdy, latex-free, washable material for a comfortable fit.
- Soft silicone inlet tubes are anti-kink and resistant to bacterial biofilm colonisation.
- The drainage bags have a soft flock backing for optimal comfort to the wearer.
- Easy use lever tap can be swivelled inwards to face the skin or be turned away from the body and will attach to all night drainage bags.



- NX1Bag
- NX2Bag
- NX1Adj
- NX2Adj
- NX2Belt
- NX1S
- NX2S