Nexus
Nephrostomy UK

Flexible wearable choice

SINGLE NEPHROSTOMY SYSTEM

V.2

Which Nexus Single Nephrostomy Drainage System combination will give me the flexibility to wear it my own way?

NX1S – Starter Kit containing:

- 1 x 50mm wide trim to fit washable long elasticated **waist belt**
- 2 x washable **waist belt suspenders**
- 1 x 38mm wide trim to fit washable **elasticated thigh strap** with repositionable bag tape
- 4 x 560ml drainable **sterile NEXUS bags with soft touch backing** (night bag connector attached)
- 1 x **short flexible extension tube** with luer twist lock connector
- 1 x **long flexible extension tube** with luer twist lock

Choose the combination of NEXUS bag/s, extension tubes and waist belt or thigh strap for your own comfort.

Once you have chosen the options to suit you, order your regular NEXUS supplies from the following items:

NX1Bag

10 x Single Nephrostomy Drainage bags (night bag connector included)

NX1Adj

10 x Single Nephrostomy Drainage bags each with night bag Connector attached,
1 x short and 1 x long Extension tube all in one sterile peel pouch

NXBelt

1 x belt, 1 x thigh strap and 2 x suspender kit

Each NEXUS bag comes with a **night bag connector** fitted as standard – simply remove the cap from the night bag inlet tube (Fig 1.) and push this firmly into the end of the connector on the end of the NEXUS 360º lever tap firmly onto the Night Bag inlet (Fig 2.)

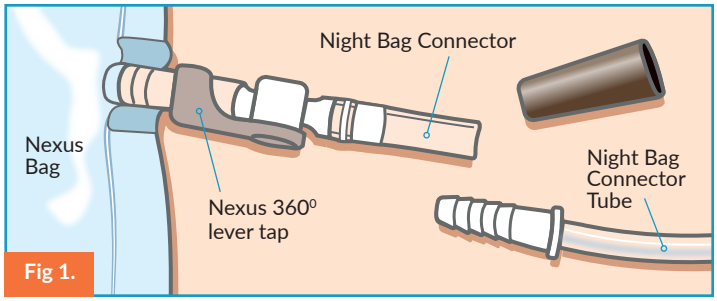


Fig 1.

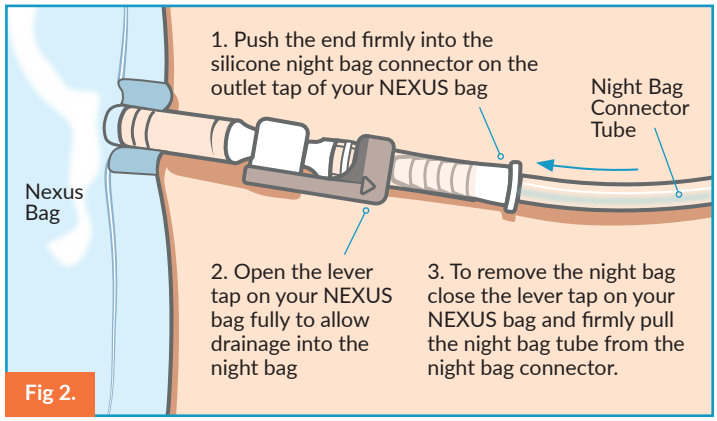
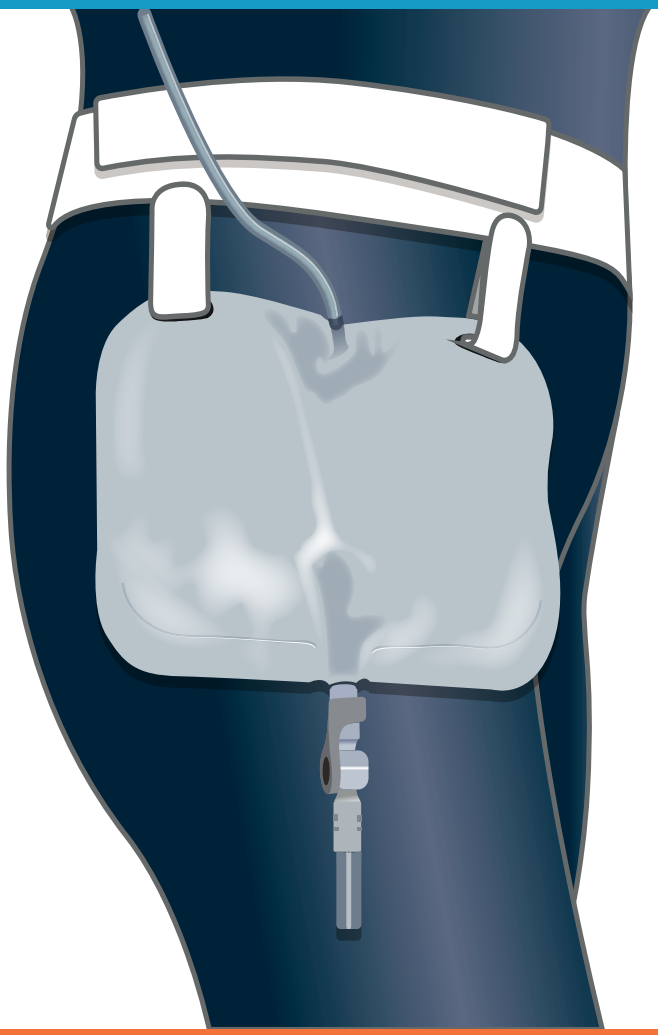


Fig 2.

Waist Option

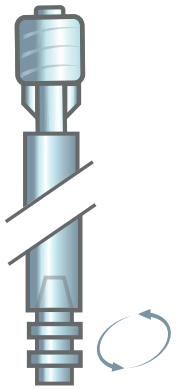
To achieve the best fit for your waist see the instructions and diagrams overleaf



SINGLE NEPHROSTOMY:

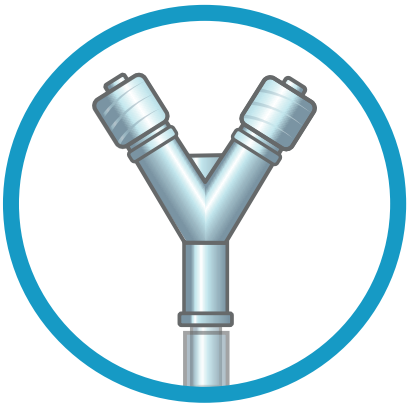
Trim the waistband to fit in your preferred position and wear one suspender on the waist belt at any position on the elasticated waist belt to suit your needs.

Adjustable extension tubes can be used to increase length to comfortably fit your catheter without pulling. These are included in the NX1Adj peel pouch.



BILATERAL NEPHROSTOMY:

If you wish, you can wear 2 waist bag suspenders to hold 2 drainage bags – or why not try the **NEXUS Bilateral Bag** with a **Y connector** so you can drain both catheters into a single 560ml NEXUS bag – request an **NX2S** starter kit from your Healthcare professional.



Thigh Option

To achieve the best fit for your thigh see instructions and diagrams overleaf

SINGLE NEPHROSTOMY:

Trim the thigh strap to fit your leg and attach the bag to the strap using the positionable tape.

Adjustable extension tubes can be used to increase length to comfortably fit your catheter without pulling. These are included in the NX1Adj peel pouch.

BILATERAL NEPHROSTOMY:

If you wish, you can wear 2 thigh straps and 2 bags – or why not try the **NEXUS Bilateral Bag** with a **Y connector** so you can drain **both catheters** into a single 560ml NEXUS bag - request an **NX2S** starter kit from your Healthcare professional.



PLEASE READ BEFORE YOU START

The NEXUS Single Nephrostomy System can be used by both single and bilateral nephrostomy patients

Show these directions to the person that changes your nephrostomy bags as NEXUS will differ from previous drainage bag systems used in the past.

BEFORE YOU START

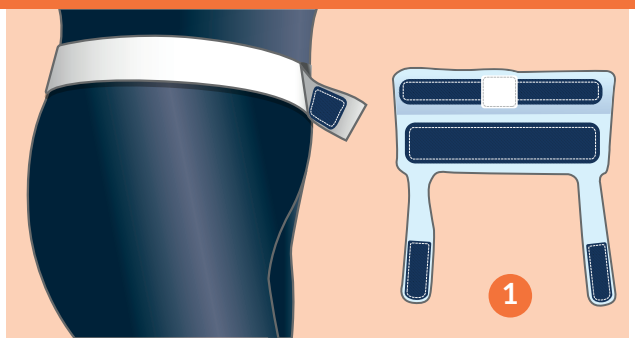
Ensure you always follow the sterile hygiene practices as instructed by your Healthcare Professional. If in doubt always contact them for advice.

- Wash hands thoroughly using soap and warm water for at least 20 seconds.
- Wear disposable gloves and apron and place an absorbent pad or disposable paper sheet on your bed or chair.
- Gather together all your NEXUS supplies and lay out the unopened peel pouch on a clean paper sheet or absorbent pad.
- Open the sterile pouch – which will include the extension tubes if you are using the NEXUS Adjustable kit - only as you are about to use it to help prevent any contamination.
- Each NEXUS drainage bag should be changed at least every 5 to 7 days as per the Drug tariff Guidelines

Fitting your NEXUS bag to the WAIST BELT using the hook and loop suspender.

To watch an animated tutorial visit the website below or scan the QR code.

www.nephrostomy.co.uk/nexus-nephrostomy-system



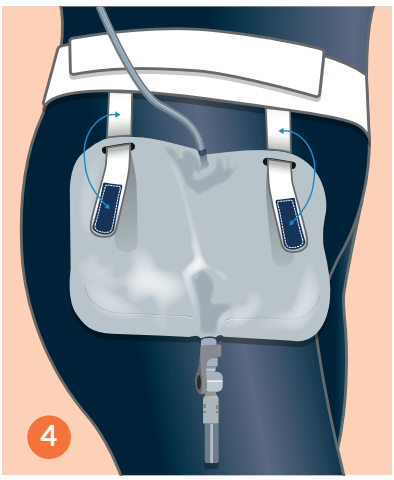
1. Put on your trimmed to fit waist belt then unfold the suspender so it is flat and the blue hook strips are facing outwards with the label at the top.



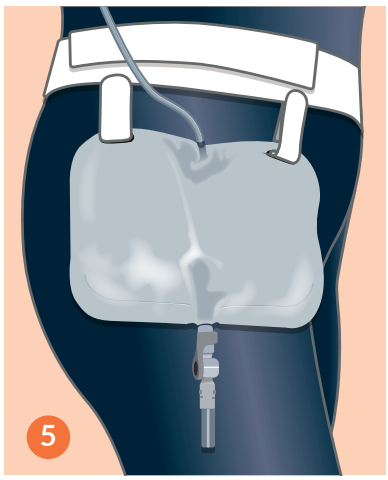
2. Slide the blue hook edge with the label under the waist belt until the label is visible over the top of the belt. (The wider blue hook tape should fit snugly behind the belt)



3. Fold the blue hook edge with the label over and press to the outside of the waist belt. Press the wider blue hook tape to the back of the belt. (Smoothing over the 2 pieces front and back with finger and thumb will ensure they are firmly secured.)



4. Feed the two blue hanging suspenders through the eyelets at the TOP of the NEXUS bag. (Soft flocked side of the bag against the body)



5. Pull the suspender tapes up and press the blue hook part on the upper part of the suspender at the most appropriate length for you. The outlet tap can swivel 360° to face the direction of your choice.

To remove the suspender from the belt simply hook your finger into the middle front section of the suspender (where the label is) and pull towards you.
This will help loosen the hook and loop so you can grasp it more firmly.

PLEASE READ BEFORE YOU START

IF THIS IS THE FIRST TIME YOU ARE USING A NEXUS SYSTEM:

Before changing your drainage bag, custom fit **either** the waist belt or the thigh strap (whichever is your preference for comfort and flexibility) in place to find the most comfortable fit for you and trim off the excess – ensure you trim from the opposite end to the blue hook tape.

Drain your current bag before disconnecting from your nephrostomy catheter. Dispose of the used bag – drainage bags should not be re-used and a new NEXUS bag should be changed every 5 to 7 days as per Drug Tariff Guidelines.

Extension tubes should be fitted to the nephrostomy catheter before attaching the NEXUS bag to achieve the best length that avoids any pulling or tension on your nephrostomy catheter - check the length by sitting or standing in various positions before fitting the extension tubes. Reconnect the new NEXUS bag – soft flocked side to the body - using the luer twist lock and ensure a firm connection.

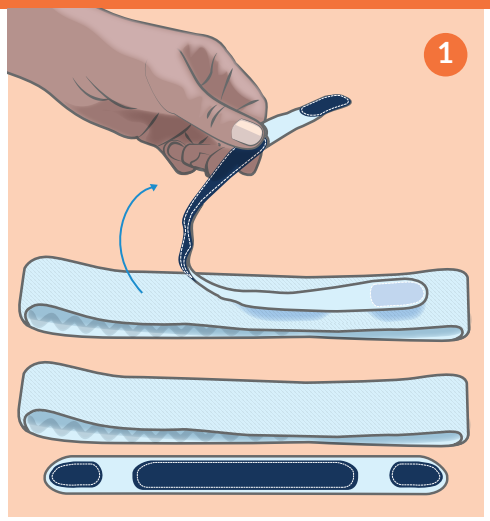
The outlet lever tap at the bottom of the bag can rotate 360° so that you can position the tap either at the front, back or side - your choice!

Once your NEXUS bag is changed, follow the simple 5-Step instructions below to attach your NEXUS bag to either the **waist belt** or the **thigh strap** to ensure a perfect, flexible fit for you.

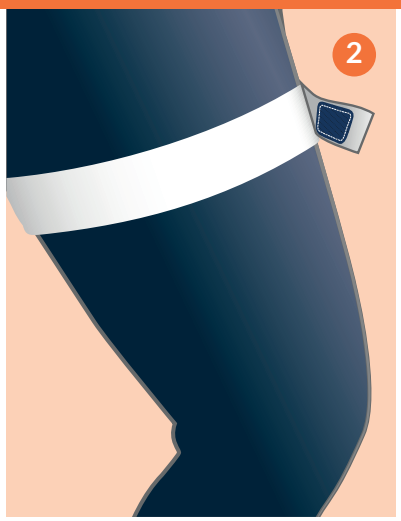
Fitting your NEXUS bag to the THIGH STRAP using the blue positionable hook and loop tape.

To watch an animated tutorial visit the website below or scan the QR code.

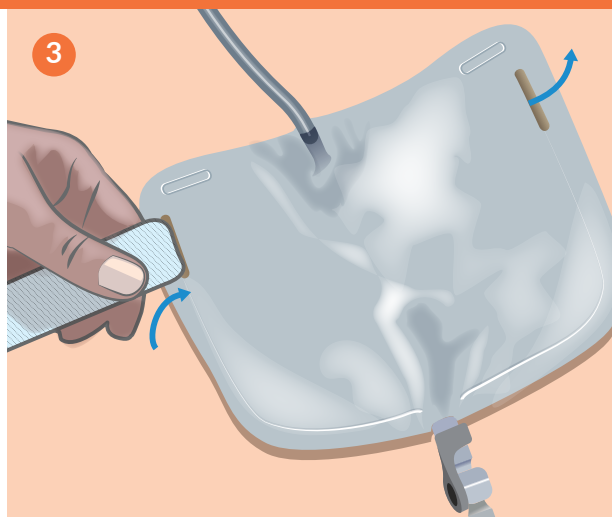
www.nephrostomy.co.uk/nexus-nephrostomy-system



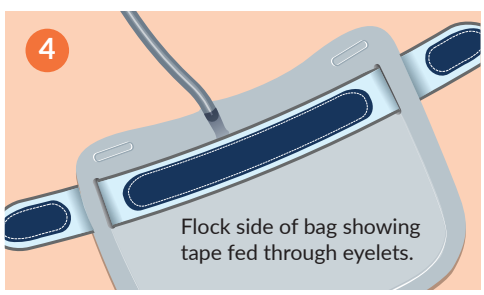
1. Remove the piece of blue hook positionable tape from the thigh strap.



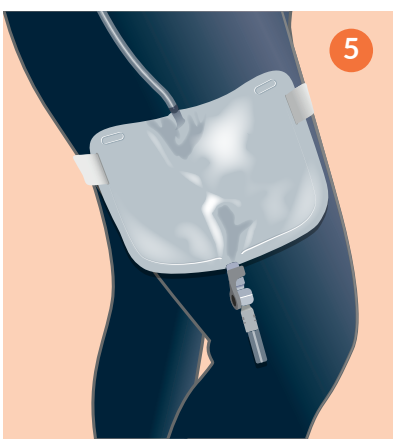
2. Fit the thigh strap (wavy silicone lines side against the skin) and adjust to get the best fit.



3. With the soft flocked side of the bag facing towards the thigh, feed one end of the tape from FRONT to BACK ensuring the blue hook part is facing towards the leg. Pass the tape behind the NEXUS bag and out through the opposite side eyelet from BACK to FRONT



4. Position the eyelets between the 2 plain white sections of the blue hooked tape – this allows flexibility as the bag fills.



5. Press the blue hook tape side to the thigh strap in your chosen position. The blue hook positional tape can be adjusted and refitted as you choose for the best placement.

VitalCare Nanjing Co., Ltd
No. 86-8 Shuanggao Road, Gaochun District, Nanjing, 211316
Jiangsu, P.R. China

EC REP Vitalcare Ltd,
6-9 Trinity Street, Dublin 2, Ireland

Nephrostomy UK
High Barn, High Barn Road, Effingham, Surrey KT24 5PR

STERILE EO
MD
0197