Nexus
Nephrostomy UK

Flexible wearable choice

BILATERAL NEPHROSTOMY SYSTEM

V.7

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

NX2S – 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
- 2 x 560ml drainable **sterile NEXUS bags with Y connector and 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 Connector

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:

NX2Bag

10 x Bilateral Nephrostomy Drainage bags with dual catheter Y connector (night bag connector included)

NX2Adj

10 x Bilateral Nephrostomy Drainage bags each with dual catheter Y connector 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 360° lever tap firmly onto the Night Bag inlet (Fig 2.)

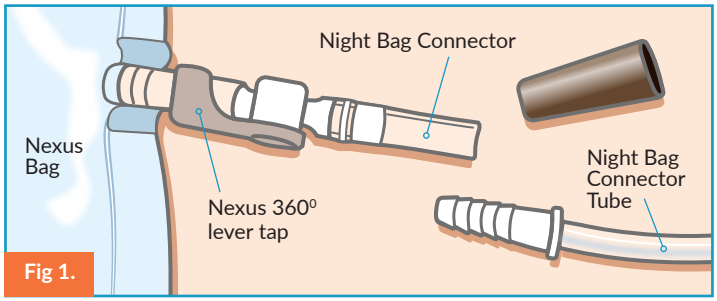


Fig 1.

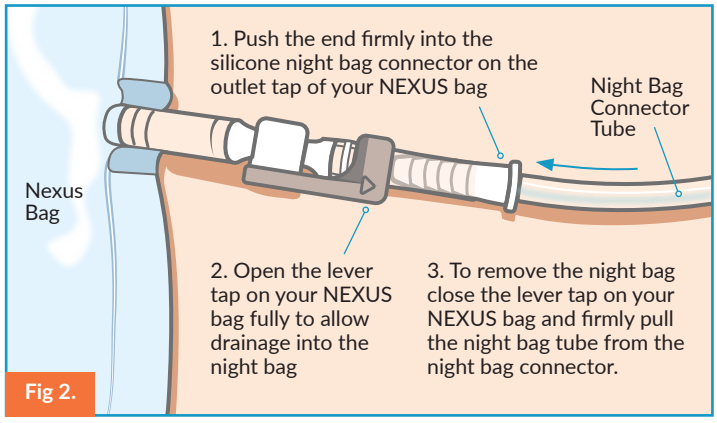
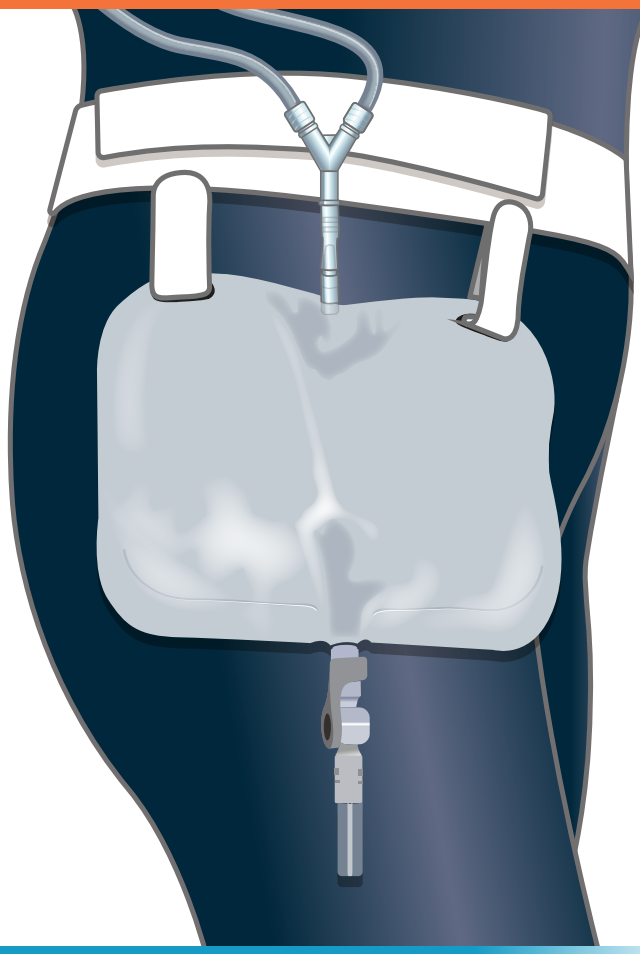


Fig 2.

Waist Option

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



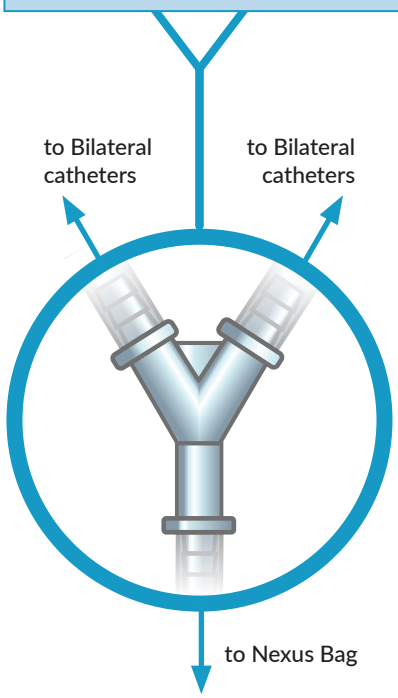
BILATERAL NEPHROSTOMY:

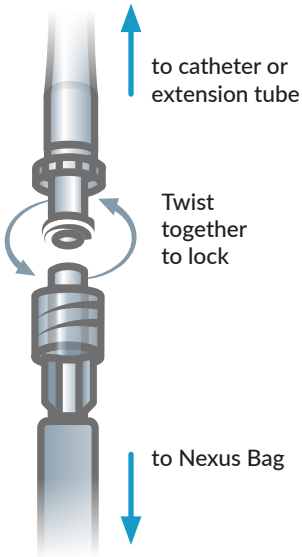
e **NEXUS Bilateral Bag** with a Y connector allows you to drain **both catheters** into a single 560ml NEXUS bag.

If you wish, you can wear 2 waist bag suspenders or two thigh Straps that will hold 2 single drainage bags - request an **NX1S kit** starter kit from your Healthcare professional.

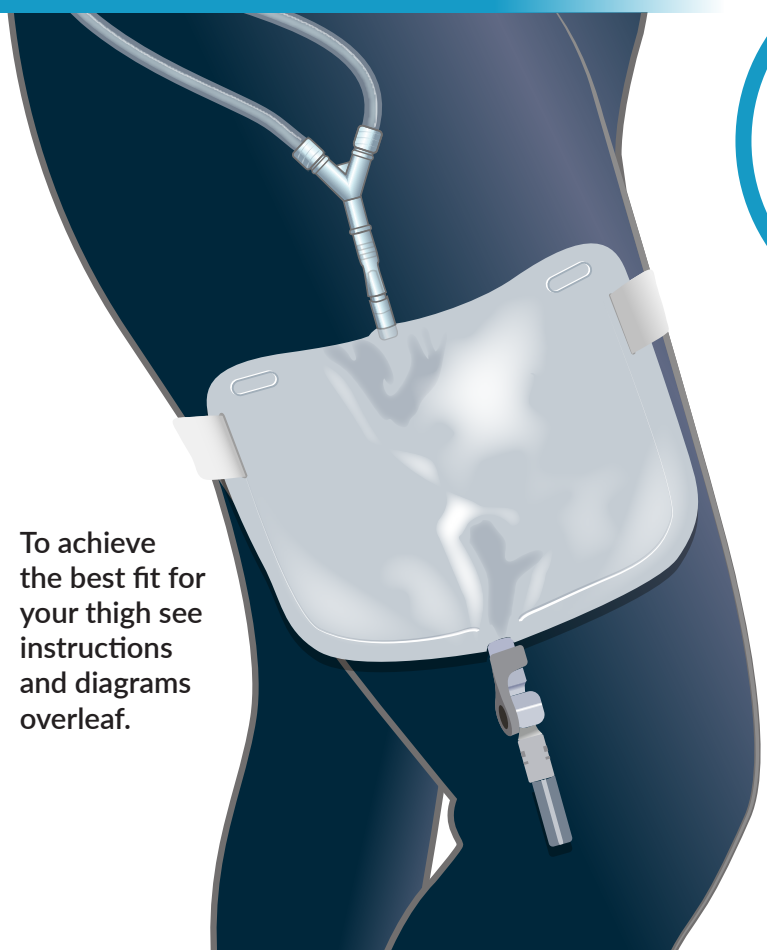
NEXUS Bilateral Bag - Y CONNECTOR

If choosing to use 1 NEXUS Bilateral Bag to drain both of your nephrostomy catheters, you have complete flexibility as to how you connect your bag and tubes. Either connect your nephrostomy catheters directly into the Y connector or to the tubes on the bag or add extension tubes with the compatible luer twist locks on both bags and extension tubes. The tubes attached to the bag can be unscrewed and attached to either side of the Y Connector – this means you can have the choice to wear your NEXUS Bilateral Bag on either side of your body.





Thigh Option



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

BILATERAL NEPHROSTOMY:

The NEXUS Bilateral Bag with a Y connector allows you to drain both catheters into a single 560ml NEXUS bag. Adjustable extension tubes are available should you require longer tubes - these are included the NX2Adj peel pouches.

If you wish, you can wear 2 thigh straps and 2 bags – request an **NX1S kit** starter kit from your Healthcare professional.

PLEASE READ BEFORE YOU START

NOTE: Where individual kidney urine output monitoring is required, use separate Nexus drainage bags for each nephrostomy catheter (NX1BAG). If unsure, consult your nephrostomy healthcare professional.

Precaution - Bilateral drainage

The NEXUS Bilateral system drains urine from two nephrostomy catheters into one bag. Gravity drainage provides one-way flow, reducing risk of cross-infection between kidneys.

If you are prone to infection, or infection is known or suspected in one kidney, use two separate NEXUS single drainage bags (code NX1Box or NX1Adj) to avoid potential cross contamination. Consult your healthcare professional if unsure which setup is most appropriate.

BEFORE YOU START:

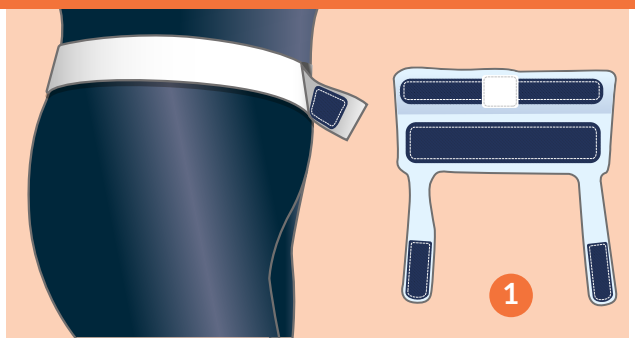
Ensure you always follow the sterile hygiene practices as instructed by your Healthcare Professional. If in doubt always contact them for advice.

- 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 when ready to start. The extension tubes are included in the pouch if you are using the NEXUS Adjustable variant.
- 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/directions-for-use/



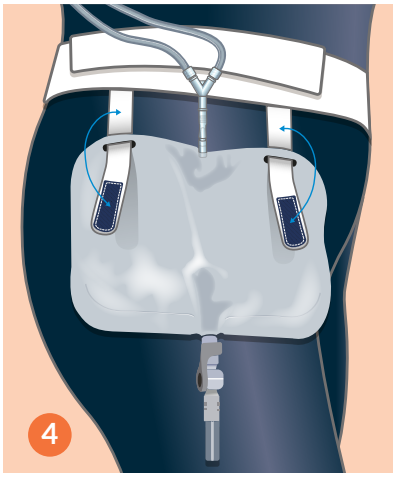
1. Put on your trimmed to fit waist belt then unfold the suspender so it is flat and the blue hook strips are facing outwards with the label at the top.



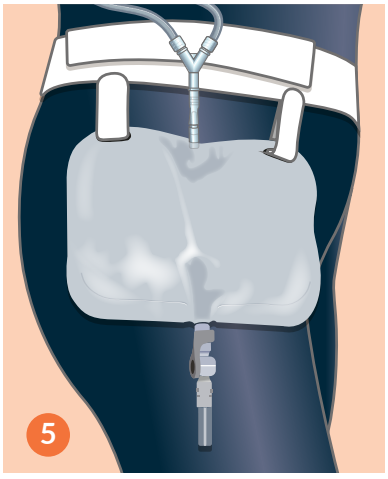
2. Slide the blue hook edge with the label under the waist belt until the label is visible over the top of the belt. (The wider blue hook tape should fit snugly behind the belt)



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

IMPORTANT

The NEXUS Bilateral Nephrostomy System with Y Connector CAN ONLY BE USED BY BILATERAL NEPHROSTOMY patients



IF THIS IS THE FIRST TIME YOU ARE USING A NEXUS BILATERAL 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/s before disconnecting from your nephrostomy catheter. Dispose of used bags – drainage bags should not be re-used and a new NEXUS bag/s should be changed every 5 to 7 days as per Drug Tariff Guidelines.

Extension tubes, if required, should be fitted to the NEXUS bag before attaching to the nephrostomy catheter/s to achieve the best length that avoids any pulling or tension on your nephrostomy catheter/s. Check the length by sitting or standing in various positions before fitting any extension tubes. Reconnect the new NEXUS bag – soft flocked side to the body - using the luer twist lock and ensure a firm connection. Extension tubes are available in the NX2Adj kit.

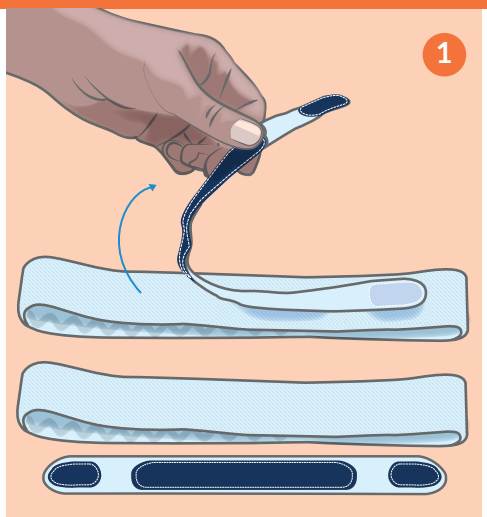
The outlet lever tap at the bottom of the bag can rotate 360° so that you can position the tap either at the front, back or side - your choice!

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.

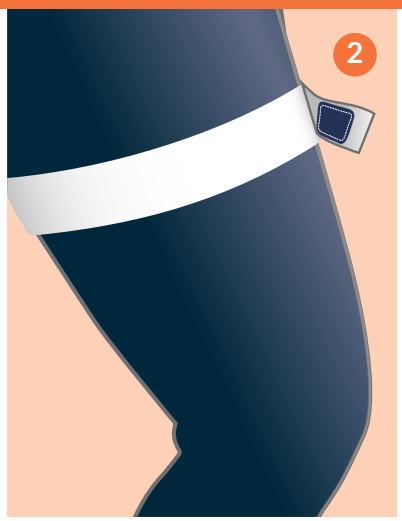
Fitting your NEXUS bag to the THIGH STRAP using the blue positionable hook and loop tape.

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

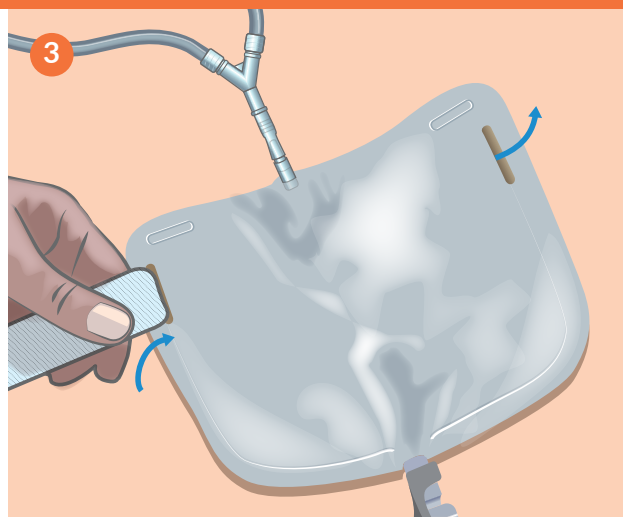
www.nephrostomy.co.uk/directions-for-use/



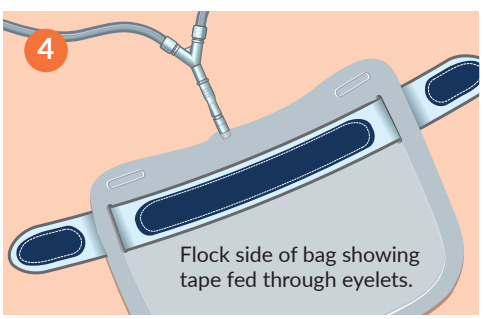
1. Remove the piece of blue hook positionable tape from the thigh strap.



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



3. Feed one end of the tape through the SIDE eyelet of the NEXUS bag (soft flocked side of the bag towards the thigh) from FRONT to BACK ensuring the blue hook part is facing inwards, towards your 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.

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