

# Nephrostomy Passport

Patient held record for:

Name:

Please bring this booklet with you every time you go into hospital so that staff can add to the bag changing record.



If you have any questions, please phone  
Ward G1 at York Hospital on 01904 726001.

## Patient details:

Name	<input type="text"/>
NHS Number	<input type="text"/>
Address	<input type="text"/>
GP Name	<input type="text"/>
GP Address	<input type="text"/>
GP Phone Number	<input type="text"/>

Date of discharge:	<input type="text"/>	
Discharge pack given:	<input type="text" value="Yes"/>	<input type="text" value="No"/>
District nurse referral:	<input type="text" value="Yes"/>	<input type="text" value="No"/>
Has the patient been referred to Fittleworth for their supplies?	<input type="text" value="Yes"/>	<input type="text" value="No"/>

## **The purpose of this booklet:**

1. To ensure you have all the information required to care for your nephrostomy and know who to turn to if you have a problem.
2. To ensure there is a communication about your nephrostomy between the community nursing team and the hospital.
3. There is a written documentation of when your nephrostomy was put in and when your bag is next due to be changed.

## **Introduction**

The purpose of this booklet is to give advice how to look after your nephrostomy. If you have a urology appointment with GP or hospital you should take this booklet with you.

The second half of this booklet will be filled in by nurses as part of our continued care for you.

## **What is nephrostomy?**

Urine normally drains from your kidneys into your bladder through the ureter. A nephrostomy is a tube inserted directly into your kidney to drain urine away. Tests have shown that one or both of your ureters have become blocked. This can happen for multiple reasons e.g.: stones, infection, scar tissue etc. Nephrostomies can be placed for a short period of time or long term, depending on your kidney function.

## **When will my nephrostomy need changing?**

If your nephrostomy is long-term, you will have it changed every three months in the radiology department. The bag covering the nephrostomy will need changing twice a week, this can be done by the district nurses. Your community nurse will advise how to obtain further supplies of nephrostomy equipment.

## **How do I look after my nephrostomy daily?**

- Empty the leg bag when it is two thirds full of urine.
- Replace the leg bag once a week - you may find that the community nurse will change this at the same time they change the nephrostomy bag.
- It is important to minimise the risk of developing an infection through good personal hygiene.
- Always wash your hands before and after handling your nephrostomy tube and drainage bag.
- Carers and nurses must wear nonsterile gloves and apron after hand washing.
- Do not remove your leg bag when you have a shower or bath, ensure leg bag is kept strapped to the leg throughout.

## **What should my urine look like?**

- Ensure you drink plenty of fluids to help keep the colour of the urine light yellow.
- Some medication and foods can discolour your urine. Your community nurse will be happy to discuss this with you.
- If your urine is cloudy and does not improve after drinking more, contact your community nurse.

## **What should I do if my nephrostomy stops draining?**

- Check there are no kinks in the tube as it is going into the bag.
- Check that the drainage bag connected properly.
- Ensure you are drinking adequate amount of fluid.
- Check if the leg bag needs emptying - if it is full, it will not drain.
- If you experience urine leakage, please contact your community nurse.

## **How do I dispose a used leg bag?**

- Empty the contents into the toilet.
- Double wrap the bag into plastic bags.
- Never wash or re-use a leg bag.
- Place it into your household bin.

## **When should I ask for help?**

- If you are still in pain after taking painkillers.
- Urine is not draining, and you have followed the simple self-help measures.
- The nephrostomy falls out.
- You notice blood in your urine.
- Urine is leaking, enough to make your clothes wet.
- If any reason you do not have a community nurse, please contact your GP.

# Nephrostomy Supplies

Fittleworth are the company that will supply you with the equipment you need to care for your nephrostomy. The Fittleworth referral will be made on the ward before you are discharged, and you should expect delivery within two working days.

Your GP will receive a prescription request for the equipment supplied by Fittleworth, which covers 10 changes.

You will then be required to order your next set of supplies using the product codes below.

Item	Code	Quantity
Hollister ceraplus skin barrier	15500	Two boxes
Hollister urostomy pouch	25890	One box
Hollister cera ring	8805	One box
Hollister adapt adhesive remover spray	7731	One can
Hollister night bag	5550	One box
Night tube adaptor	7331	One box
Hollister variable length leg bag 500 mls	9624	One box
Libra leg bag strap	10697t	One pack

If you have two nephrostomies, please use the same codes but ask for double the quantity. If you have any problems with the deliveries, please contact Fittleworth: Phone: **0800 378 413** Email: [www.fittleworth.com](http://www.fittleworth.com)

# Changing the nephrostomy bag

## You will need:

- adhesive removal spray
- nonsterile gloves
- sterile dressing pack
- clean water
- gauze
- new urostomy pouch

## Changing procedure

- Thoroughly wash and dry your hands.
- Carefully remove pouch from the skin barrier – please note that this may be slightly stuck to the skin barrier due to the seal.
- Using the adhesive removal spray, spray the edges of the skin barrier to loosen from the skin and gently tease your barrier away from your body. Be careful not to pull the nephrostomy tube in doing so.
- Clean the skin area around nephrostomy tube site with warm water and gauze and pat dry.
- Check nephrostomy tube site for any redness or signs of infection,
- Reapply new barrier band pouch.

- Gently insert the nephrostomy tube through the small hole of the skin barrier and apply with the sticky side to the skin.
- To apply the pouch, gently insert the nephrostomy tube into the pouch ensuring that the nephrostomy tube is pointing down and lays across the pouch chambers of the pouch, avoiding any kinks.
- Apply the pouch at a 45-degree angle and the pouch tap is pointing down towards the leg.

Gently clip the pouch onto the ring of the skin barrier, you should be able to get your finger and

- Thumb under the rim to ensure that they are fully attached.

# **Nephrostomy Bag changing record**

To be completed by nursing staff

## Nephrostomy pouch changing details.

Reason for Nephrostomy	
Date of insertion	

Nephrostomy supplies provided by hospital	
Urostomy pouch	
Adhesive removal spray	
Leg bag	
Leg bag straps	
Sterile dressing pack	

Planned change/removal date:   
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## **Tell us what you think of this leaflet**

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact Ward G1, York Hospital, Wigginton Road, York, YO30 8HE or phone 01904 726001.

## **Teaching, training and research**

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

## **Patient Advice and Liaison Service (PALS)**

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email [yhs-tr.patientexperienceteam@nhs.net](mailto:yhs-tr.patientexperienceteam@nhs.net).

An answer phone is available out of hours.

# Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

[www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/](http://www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/)

We would like to thank Hollister Incorporated for sponsoring the printing of this document.

Owner	Nikolett Lopez, Ward Manager, Ward G1
Date first issued	March 2026
Review Date	January 2028
Version	1 (issued March 2026)
Approved by	Urology Governance
Document Reference	PIL1793 v1
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