

Guidance on the prescribing of shower and swim protection pouches

October 2025 v1.0

Norfolk and Waveney ICB do not support the routine prescribing of shower/swim protection pouches and auxiliary products for patients on dialysis due to a lack of evidence and increased risk of infection.

BLACK : NOT COMMISSIONED. NO NHS PRESCRIBING IN NORFOLK AND WAVENEY

Background

Patients undergoing dialysis are at an increased risk of infections and this can be heightened by inadequate care of the dialysis catheter. Catheters are crucial to dialysis so there are strict guidelines in place for their use and care, including how the exit site is dressed to help avoid exit site infections:

- The dressings around the insertion and exit sites of the line must always be kept dry.
- Patients are advised not to have a shower until the wound heals, and the stitches are completely dissolved or removed.
- There is a lack of evidence to support the use of shower protection pouches in minimising risk of infection in patients undergoing dialysis.

Advice for clinicians

GPs are recommended not to prescribe any shower or swim protection pouches and auxiliary products for dialysis patients.

- Review and stop all patients that have been prescribed a shower or swim protection pouch e.g. **Cath Dry Dressing, Independence easy access / wound protection / collection pouches, or LINC catheter shower pouches.**
- Review and stop all auxiliary products prescribed alongside the shower protection pouches e.g. **Independence No Sting Barrier Film wipes.**
- If required, patients can be asked to seek further advice from their dialysis clinician or dialysis nurse at their regular appointments.
- Ensure that new and further prescriptions are not issued on a company's recommendation on behalf of a patient.

Advice for patients and their carers

- If you have been receiving shower protection pouches and auxiliary products on prescription, your GP may stop prescribing them for you. This is because of the lack of evidence and increased risk of infection.
- Your dialysis clinician will be able to review your individual catheter care requirements and be able to advise how best to look after your dialysis line.

References

- Nguyen, Duc B. et al. "[Hemodialysis-Associated Infections.](#)" *Chronic Kidney Disease, Dialysis, and Transplantation* (2019): 389–410.e8. doi:10.1016/B978-0-323-52978-5.00025-2 (accessed 28/10/2025)
- Document adapted for local use from commissioning statement developed by Bedfordshire, Luton and Milton Keynes Health and Care Partnership

Title	Commissioning Statement for prescribing of shower and swim protection pouches in Norfolk and Waveney
Description of policy	<i>To inform healthcare professionals</i>
Scope	<i>Norfolk and Waveney Integrated Care System</i>
Prepared by	Norfolk and Waveney ICB Medicines Optimisation Team
Impact Assessment (Equalities and Environmental)	<p><i>Please indicate impact assessment outcome:</i></p> <p><i>Positive impact</i></p> <p><i>Adverse impact - low - action plan completed as per guidance</i></p> <p><i>Adverse impact - medium - action plan completed as per guidance</i></p> <p><i>Adverse impact - high - action plan completed as per guidance</i></p> <p><i>No impact</i></p> <p>No policy will be approved without a completed equality impact assessment</p>
Other relevant approved documents	
Evidence base / Legislation	<p>Level of Evidence:</p> <p><i>A. based on national research-based evidence and is considered best evidence</i></p> <p>B. mix of national and local consensus</p> <p><i>C. based on local good practice and consensus in the absence of national research based information.</i></p>
Dissemination	Is there any reason why any part of this document should not be available on the public web site? <input type="checkbox"/> Yes / No <input checked="" type="checkbox"/>
Approved by	<i>Norfolk & Waveney Therapeutics Advisory Group (TAG – November 2025)</i>
Authorised by	<i>Norfolk & Waveney Drug Integrated Care Board on behalf of the ICS – Dec 2025</i>
Review date and by whom	Medicines Optimisation Team
Date of issue	Dec 2025

Version Number	Author	Purpose / Change	Date
1.0	MO Team	To support prescribing in primary care	Oct 2025