

Nephrostomy Tube Placement

Patient Information Sheet

Using ultrasound and/or x-ray the radiologist has inserted a tube directly into the kidney in order to drain urine. Reasons requiring a nephrostomy tube could be: blockage of the tube (ureter) from the kidney to the bladder, presence of a stone in the kidney or ureter or in preparation for surgery on the kidney or ureter.

We are sensitive to your needs and concerns and want to let you know your safety and well-being are our primary concern. This information will help you understand the recovery process.

Instructions after Nephrostomy Tube Placement

- Rest for the remainder of the day.
- If you have received sedation during the procedure follow the Post sedation Information Sheet as well.
- Do not lift anything weighing over 5 kilograms (10 pounds) for the next 48 hours.
- Do not participate in sports or strenuous activity for 48 hours.
- You may notice blood in your urine (red-tinged urine); this usually clears up by the second or third day. Increasing your fluid intake will help clear urine.
- Keep the drainage bag below the level of the kidneys to prevent urine from backing up into the kidneys.
- Watch for kinks in the tubing as this can stop the flow of urine.
- Home Care may be ordered by your doctor to assist with the care of the tube.

Diet

- You can eat what you normally eat.
- Drink plenty of fluids.

Medications

- If needed for pain or discomfort, take Tylenol (acetaminophen) for the next 48 hours. Follow the directions on the label.
- **Do not** use Aspirin or ibuprofen products, such as Advil or Motrin, as it may increase the chance of bleeding.
- You may resume your usual medications, unless otherwise instructed by your doctor.



Dressing Care/Sutures

- Drainage bag should be emptied frequently – a full bag is heavy and may pull on tube and possibly pull out of kidney.
- Dressing around tube should be changed once a week or more frequently if it becomes wet or not secure.
- Drainage bag should be changed every week (every 7 days).

Bathing

- You may shower or sponge bath, if Home Care covers the insertion site with a transparent dressing.
- **Do not** bathe or swim (especially in lakes) for one week as this may cause an infection at the insertion site for one (1) week following your procedure.

What to watch for

- Fever more than 100°F (38°C) or chills
- Unusual back pain or side pain
- Redness, swelling, or leakage from the tube site
- If you have no urine draining in the collection bag for two (2) hours
- Low urine output or dark, foul-smelling urine
- If you are unable to flush the tube
- If the tube becomes dislodged or pulled out do not attempt to reinsert the tube yourself. Contact your doctor as soon as possible. The tube is easily replaced if done as quickly as possible after it has fallen out.

If you experience any of the above changes call your doctor, Telehealth Ontario (1-866-797-0000), or go to your closest Emergency Department. Take this sheet with you.

Your doctor may arrange repeat appointments to have the tube changed or checked.

