



NEPHROSTOMY TUBE DISCHARGE EDUCATION

Information:

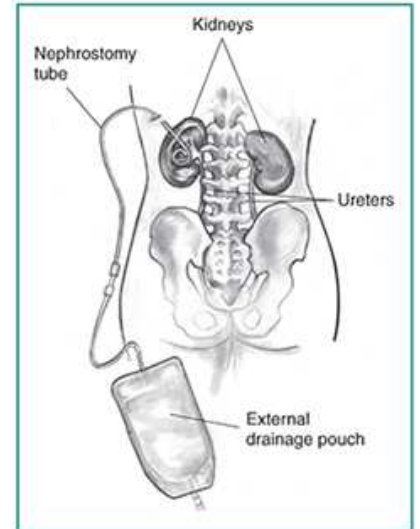
A nephrostomy tube is a small, flexible, rubber tube that goes through the skin directly into the kidney. The tube is used to drain urine from your kidney to a bag outside your body.

What should I expect after nephrostomy tube placement?

- You can expect to have a small tube called a nephrostomy tube coming out of your back to allow urine to drain from the kidney into a drainage bag.

Bathing & Wound Care:

- Inspect the external tube often for kinks, especially if the dressing is wet and leaking urine.
- Keep the nephrostomy bag below the insertion site so it will drain easily.
- **Do not** clamp or cap your tube unless specifically instructed to do so by the doctor or team that placed the tube.
- It is okay to shower 24 hours after the procedure. Gently wash the site with soap and water, do not scrub. Do not bathe or soak in the bath tub, use a spa, or go swimming for the duration of your tube being in place.
- The dressing should be changed at least every two days and after every shower. Because it is usually located on your back, help from a family member or friend may be needed.



Follow-up visit information:

- Call your primary doctor after discharge for a follow-up appointment if you don't already have one.
- External nephrostomy tubes are usually changed every 2-3 months to keep them open and prevent infection. Your treatment plan may differ from this so don't be alarmed if you are called sooner to schedule.

Occasionally, a situation will require prompt attention and an emergency room visit is necessary:

- You have shaking chills or a temperature over 102°F
- Pain in your side or lower back
- Swelling, redness, or tenderness at the site of your dressing
- Chills
- Urine that is very dark, or cloudy or smell bad
- Urine that is pink or red
- Urine leaks from the dressing site or from your tube
- Urine drainage is poor, or no urine has been collected for over two hours

If you received Conscious Sedation (IV sedation) or General Anesthesia and are discharged the same-day:

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- **Sore throat or mild "hang over" type feeling for a day or two from the general anesthesia. This may include mild nausea.**

- If you are taking pain medications:
 - Take as directed
 - Do not drink alcohol while taking narcotic pain medication
 - Do not drive
 - If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

For any questions please contact Oregon Interventional Radiology clinic at 541-618-5801

In all emergency situations call 911