

A **nephrostomy tube** is a soft flexible tube that is placed into the kidney through a small opening in your skin. The nephrostomy tube allows urine to drain directly from your kidney into a drainage bag instead of into your bladder.

A **nephroureterostomy tube** is a soft flexible tube, which through a small opening in your skin, is passed through your kidney, down your ureter and into the bladder. It may be capped to allow urine to drain into your bladder and you will pass urine normally or it may be attached to a drainage bag and drained as a nephrostomy tube.

Today we inserted a:	<input type="checkbox"/> Nephrostomy Tube	<input type="checkbox"/> Nephroureterostomy Tube
It was inserted on the:	<input type="checkbox"/> Right Side	<input type="checkbox"/> Left Side
The size of your tube is:	<input type="checkbox"/> 8 FR <input type="checkbox"/> 10 FR <input type="checkbox"/> 12 FR <input type="checkbox"/> 14 FR <input type="checkbox"/> Other: _____	<input type="checkbox"/> 8 FR <input type="checkbox"/> 10 FR <input type="checkbox"/> 12 FR <input type="checkbox"/> 14 FR <input type="checkbox"/> Other: _____

Care After Nephrostomy/Nephroureterostomy Tube Insertion:

- A responsible adult driver must take you home and stay with you overnight
- You should not perform any tasks that require coordination, skill or judgment such as driving a car for 24 hours after your procedure
- Do not make any legal or financial decisions for 24 hours after your procedure
- Do not have alcohol or sleeping pills for 24 hours after your procedure
- You may resume your regular diet. Start with something light.
- You may resume your regular medications. If you are on a blood thinner or Metformin you will be advised when to resume this medication

Care of Your Drainage Bag and Dressing:

- Keep your drainage bag below the level of your kidney at all times. Take care not to lie on the tubing or allow the tubing to kink.
- The drainage bag should be attached to your thigh. **DO NOT** attached below your knee as this may cause your tube to become dislodged.
- The drainage bag should be emptied when it is half full. This will reduce the chances of your tube being dislodged from the weight of the bag.
- Prior to doing anything with your drainage bag always wash your hands
- Your bag has a valve at the bottom that opens and closes so that you can empty your bag. The nurse will show you how to empty the bag prior to your discharge.
- Standing beside the toilet or over a container slide the outlet valve at the bottom of the bag to the open position and drain the bag. Once the bag is empty, close the valve and wipe the end of

the tube with toilet paper or Kleenex.

- Home Care will be arranged by the doctor to care for your dressing.
- Your bag should be changed every 7 days. The home care nurse will show you how to change your drainage bag.
- You may shower but you cannot take a bath or swim. Cover your dressing with plastic wrap and tape prior to showering. There are also commercial products available such as Aquaguard.
- Avoid strenuous activities such as shoveling snow, heavy lifting or any movement that causes a pulling sensation or pain around the tube.
- You can use acetaminophen for any discomfort

What To Watch For:

- Redness, swelling, soreness or drainage around your insertion site
- Change in urine color or your urine has a foul smell
- You feel increased or a different pain in your kidney area or feel distended
- You notice that your tube has become partially or fully dislodged
- Decreased or no drainage in your bag
- The tube cracks or breaks
- Blood in your drainage bag or when you void
- Fever or chills

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

Follow up:

Routine change in: 1-month 2-months 3-months OTHER: _____

For outpatients, the radiology department will contact the patient with a tube change appointment.

If you are currently a patient in the hospital, please advise the doctor looking after you of any upcoming tube changes you have booked.

Last pain medication given at: _____

References:

1. University Health Network, What You Need to Know about Your Nephrostomy Tube, An excerpt
2. Saskatchewan Health Authority, Nephrostomy and Nephroureterostomy Tube, Discharge Information and Care