Notify the Doctor or Go to the Emergency Department if Any of the Following Happens:

- You have pain in your side where you have the Nephrostomy tube and it is not relieved by pain medication. Increased pain in the flank area may indicate a blockage or infection
- Your Nephrostomy tube falls out or it breaks
- You have foul smelling drainage coming from around the tube
- You have swelling around the tube and the area is red and tender
- You develop a fever of 38.5°C/101.3°F or higher with chills, flank pain, and a general ill feeling
- You have increased clots or bright red urine

Follow Up Information:

Community Health Office # ______________________
Physician’s # ______________________

- Keep a record of the amounts of drainage you empty from your collection bag or device. (You may be taught to irrigate your Nephrostomy Tube, if so, keep a record of those amounts too)

<table>
<thead>
<tr>
<th>Time</th>
<th>Drainage Bag or Container</th>
<th>Irrigation Amount</th>
<th>Aspiration Amount</th>
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What is a Nephrostomy Tube?
It is a tube that goes through the skin into the kidney in your lower back. It drains urine directly from the kidney when urine cannot flow normally.

Why do you need a Nephrostomy Tube?
A Nephrostomy tube may be put in for a number of reasons:
• A blockage of the ureter (tube leading from the kidney to the bladder) either by stones, infection, scar tissue, or tumour
• A hole in the ureter
• To prepare for surgery or another procedure on your ureter or kidney

How Long Will I Need the Nephrostomy Tube?
• Your Doctor will discuss with you how long you are likely to need the tube

How often is the Nephrostomy Tube Changed?
• If your tube needs changing, you will be told when to return to the Radiology Department to have your tube changed

Activity and Rest
• Rest when you are tired and increase your activity slowly
• Avoid any activity that causes discomfort or makes you feel tired
• Avoid heavy lifting such as wet laundry, house cleaning, or lifting young children or other activities that may cause “straining”
• You cannot go swimming
• Decrease your activity if you have increased blood in your urine
• Your Nephrostomy tube is not sutured in place. Take care to not pull on the tube to avoid accidentally pulling the tube out

Baths and Showers
• Sponge bath or shower anytime after your procedure
• Before you shower, cover your dressing with plastic wrap and waterproof tape
• Do not take a tub bath or go in a hot tub while you have the Nephrostomy tube, as this may lead to an infection

Diet
• You can eat normal food
• It is important to drink plenty of fluids (2 liters a day) unless told otherwise by your Doctor

Bowels
• Avoid constipation. Request a mild laxative as needed from your local pharmacy

Follow up care with a Community Health Nurse will be arranged for you before you go home.

If the Nephrostomy Tube is clamped:
• Empty your bladder often
• A dressing will cover the Nephrostomy tube site
• If there is drainage the nurse may initially put a pouch over the tube site
• The drainage pouch should not be cleaned and re-used
• The Community Health Nurse can teach a family member or caregiver how to change the dressing or pouch over the Nephrostomy tube as needed

If the Nephrostomy Tube is Unclamped:
• Wash your hands before and after emptying the drainage bag
• Empty drainage bag when it is two thirds full and ensure drainage port is in the closed position after emptying
• A family member may help drain the bag if you are unable to do so
• Ensure the Nephrostomy tube does not become kinked
• Keep the drainage bag lower than your kidney or flank
• The dressing around the tube is changed as needed
• The Community Health Nurse can teach a family member or caregiver how to change the dressing or pouch over the Nephrostomy tube as needed

Is it Normal to Have Blood in Your Urine?
Yes, it is normal to have blood tinged urine after the Nephrostomy tube has been put in, especially if you increase your activities. If you have blood tinged urine, it is important to drink plenty of fluids (2 liters a day).