Instructions for Nephrostomy Tube procedure

Your procedure is called a **percutaneous nephrostomy**. You were placed on your back or side during this procedure. Needles were placed in your flank to access the urine collecting system in your kidney. A plastic tube was placed there to drain urine externally.

- You were given *intravenous* (within the vein) sedation during your procedure, and a local anesthetic to numb your skin. You may feel some discomfort after the local anesthetic wears off. Your discomfort should gradually improve over the next several days.

AFTER THE PROCEDURE

- Avoid taking aspirin or non-steroidal anti-inflammatory medications.
- Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.
- If you have been prescribed antibiotics, it is **VERY** important to take them as instructed.
- Rest for the remainder of the day. Do not operate machinery, drive, or make legal decisions for 24 hours after your procedure.
- Someone must drive you home.
- You may resume your usual diet after the procedure. Drink extra fluids while the catheter is in place. Avoid alcoholic beverages for 24 hours after your procedure.
- Keep the skin around your catheter dry.
- You may shower; cover the area with plastic wrap and tape the edges of the plastic wrap to your skin so your skin remains dry under the plastic. If the area does get wet, dry the skin completely.
- Avoid baths or swimming.

SEEK MEDICAL CARE IF

- Redness, increased soreness or swelling may be signs of a skin infection at the catheter site. If this occurs, increase the frequency of cleaning the skin around your catheter. If your symptoms persist after several days or worsen, contact your doctor.
- It is common to have *hematuria* (blood in the urine) after the procedure. If it persists for 48 hours, call your doctor.

SEEK IMMEDIATE MEDICAL CARE

- If your catheter accidentally gets pulled out, contact your doctor immediately, including weekends.
- If your catheter stops draining, this is a sign that the catheter may be blocked. This may cause an infection in your kidney. Signs of an infection are:
  - Fever
  - Chills
  - Increased pain
  - Breakdown of your skin around the catheter.
  - Leakage of urine around catheter (your dressing around the catheter will be soaked with urine).

If any of these symptoms occur, contact your doctor immediately. If you are unable to contact your doctor, come to the Emergency Department.

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