

## PATIENT INFORMATION

# Your Nephrostomy Tube - A Patient's Guide

### What is a Nephrostomy Tube?

- A nephrostomy tube is a drainage tube placed directly into your kidney through the skin surface on your back. The tube will drain urine into a collection bag. The tube is inserted under X-ray guidance and is usually put in because you have a blockage in your urinary system which prevents that kidney from draining properly into the bladder.
- As the tube is placed directly into your kidney, it is important that it is kept clean and that you drink plenty of extra fluid to flush out any infection or debris.
- Your other kidney will continue to function as before therefore you will continue to pass urine in the normal way. If you have a tube in both sides, then you are not likely to pass urine normally.
- If you have any problems with your nephrostomy tube, contact the Urology Nurses or your District Nurse straight away or contact the out of hours GP or come into A&E. ***Should your tube become displaced (not draining any urine into the bag) or accidentally pulled out, contact the Urology Nurses or your GP.*** They will arrange for you to be seen urgently to have it replaced.

### Care of your Nephrostomy

- Hygiene – thoroughly wash hands before and after emptying the bag via the valve. Note the colour and amount of urine drained. Report to your GP if your urine is smelly, bloody or stained.
- Ensure that the tube is securely fixed by a dressing over it, taping the tube to your side and fixing the drainage bag securely to your leg with the use of straps provided. The tubing should be free of kinks, the small tap in the open position and kept below the level of your kidney.
- Check the dressing daily and change as required. Weekly is sufficient if there is no discharge or dampness.
- A bath or shower may be taken with care.
- Your District Nurse will be contacted by the hospital on your discharge from hospital and will help with dressings and bags.
- If your tube is necessary as a long term measure, it needs to be changed approximately every 3 months. An appointment for this will be sent nearer the time.

### Complications

- Infection – you feel unwell with a fever
- Bleeding
- Non drainage of urine from the tube – the tube has become blocked
- Pain that is not controlled by normal painkillers
- The tube falls out or becomes dislodged
- If there is any leakage

If these occur contact the Urology Nurses or your GP.

## **Removal of your Nephrostomy**

- When your tube is no longer needed, it is removed in hospital as a day case.
- The tube is clamped for several hours before removal. You are advised to report any new pain or leakage during this time as it may indicate that you still need the tube.
- The tube is released by cutting the retaining stitch and gently removing the tube. A dressing is applied to the area.
- There may be a slight leakage at the site but this should dry up within a couple of days. If there is any leakage please contact the urology nurse or your GP.

## **Contact details**

Urology Nurses Telephone:       01284 712806 or  
  01284 712735

© West Suffolk NHS Foundation Trust