

If you experience any of the following symptoms, call your doctor or clinic immediately, or report to the nearest Emergency Department:

- Excessive abdominal pain or swelling.
- Red, swollen, or draining incision.
- Persistent nausea or vomiting.
- Inability to void.
- Feeling hot or feverish with a temperature over 38° Celsius.

If you have any questions, please do not hesitate to ask your doctor, nurse or any other member of the health care team.

Preadmission information for

Nephrectomy

This pamphlet was developed by the preadmission nurse clinician in consultation with the preadmission nurses, the surgical clinical resource nurses, and nursing unit staff.

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**Burnaby Hospital
Preadmission Clinic**

What is a Nephrectomy?

A nephrectomy is the surgical removal of a kidney, indicated when chronic disease or severe injury produces irreparable damage to renal cells. Your hospital stay will be about 5-8 days.

At Home The Night Before Surgery

1. You will need a “Fleet“ enema to cleanse your bowels. You may buy this at a local pharmacy. Follow the package instructions yourself or have a family member assist you.
2. Do not eat or drink after midnight, unless advised by your doctor.
3. Take a shower or bath using soap and water, unless otherwise advised by your doctor.

In Hospital Before Surgery

1. You will have an intravenous for fluid replacement and medications.
2. You will receive medications to reduce stomach secretions. You may also receive preventative antibiotics.

What to Expect After Surgery

1. You will wake up in the recovery room.
2. Your surgical pain is controlled by a patient controlled analgesia (PCA) machine or by injections initially. You will later be given oral pain medications.
3. Your incision will be closed with skin staples. Staples may be removed in 7-10 days.
4. Your incision will be covered with a light dressing which the nurse checks frequently.
5. You may have a drain inserted near the incision to promote healing. The drain is usually removed in 3-5 days.
6. You may have a urinary catheter for 24-48 hours. Your urine will be bloody for a while, gradually clearing to normal.
7. You will initially be given sips of water, then clear fluids, then a regular diet as you desire.
8. Your intravenous will be removed when you are drinking well or passing gas.
9. Your nurse will assist you to get up the night of surgery.

10. While you are in bed you will be instructed to turn from side to side and do postoperative exercises. The nurse or physiotherapist will help you increase your activity.
11. You can use a pillow to support your abdominal incision and have the head of your bed up for comfort.

Planning for Discharge

Following any surgery it is a good idea to have a friend or family member available to help you at home for at least a few days. You will need to call your doctor for a follow-up visit and arrange transportation to that appointment.

For the six weeks after surgery you should avoid:

- lifting, pushing or pulling heavy weights (including laundry, furniture, vacuums and children if possible) to prevent straining your internal incisions.
- getting overtired as you will tire easily. (Try alternating activities such as walking with periods of rest).

For your general hygiene and comfort, showers are preferred over baths to promote healing.