

Care at home

You will be sore for 7 to 10 days. Slowly increase your daily activity. **No heavy lifting** such as lifting children, wet laundry, or groceries. **Stop** any activity that causes discomfort.

You will have some blood in your urine for 1 to 2 days after the procedure. This is normal. If you notice blood after 2 days, decrease your activity level. To help flush the blood out, drink up to 2 litres of fluid a day such as water.

Take only showers or sponge baths. Always cover the tube site with plastic wrap or waterproof tape. No tub baths, hot tubs, or swimming.

Take care not to pull on the tube or collecting bag. You could accidentally pull out the tube.

Keep from getting constipated. Straining can put too much pressure on your kidney and the tube. If needed, take a mild laxative.

When to get help?

Call your doctor or go to the nearest Emergency Department if any of the following happen:

- A fever above 38.5°C (101°F), aches, chills
- Bad smelling fluid leaking out around the tube
- Redness, soreness, and swelling around the tube
- Pain that does not go away with pain medicine
- The tube comes out or breaks
- Blood clots in your urine or bright red urine

Locations

Abbotsford-Regional Hospital 604-851-4866
Medical Imaging 2nd Floor, Fraser Wing
32900 Marshall Road, Abbotsford

Burnaby Hospital 604-434-4211
Medical Imaging, 3rd Floor
3935 Kincaid Street, Burnaby

Lions Gate Hospital 604-984-5775
Medical Imaging, Lower Level
231 East 15th Street, North Vancouver

Richmond Hospital 604-278-9711
Medical Imaging, Main Floor
7000 Westminster Hwy, Richmond

Royal Columbian Hospital 604-520-4640
Medical Imaging, Columbia Tower
330 E. Columbia Street, New Westminster

St. Paul's Hospital 604-806-8006
Medical Imaging, 2nd Floor, Providence Building
1081 Burrard Street, Vancouver

Surrey Memorial Hospital 604-588-3308
Medical Imaging, 1st Floor, Lower Level
13750 96th Avenue, Surrey

UBC Hospital 604-822-7076
Medical Imaging, Main Floor
2211 Westbrook Mall, Vancouver

Vancouver General Hospital 604-875-4111
GI/GU Department, Jim Pattison Pavilion Ext 68612
Station 5, Ground Floor
855 West 12th Avenue, Vancouver

HealthLinkBC 8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours.

Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca – www.vch.ca

This information does not replace the advice given to you by your healthcare provider.

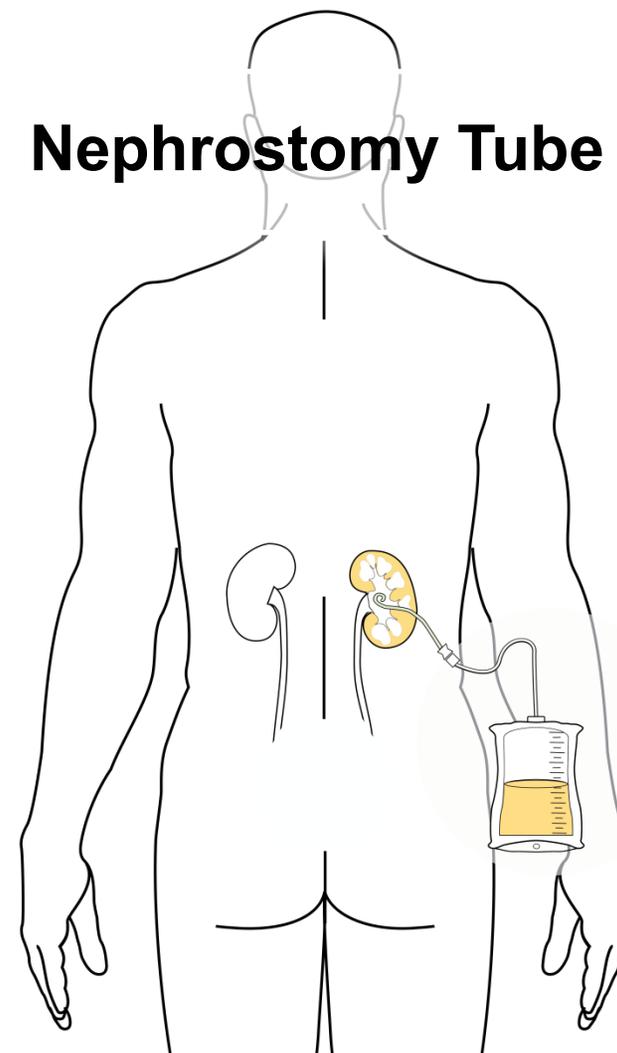
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Nephrostomy Tube



Follow-up Instructions/Appointment:

What is a nephrostomy tube?

This is a thin plastic tube that goes through the skin of your lower back directly into a kidney. This tube drains urine from the kidney when urine cannot flow normally. X-ray, ultrasound, and fluoroscopy are used to guide the procedure.

Why do you need a nephrostomy tube?

A nephrostomy tube is used if you have:

- A blocked ureter (the tube that connects the kidney to the bladder). The blockage can be from a kidney stone, an infection, scar tissue, or a tumor.
- A hole in the ureter

Sometimes the nephrostomy tube is put in place to prepare for surgery or another procedure on the kidney or ureter.

Your doctor will let you know how long you might need the tube.

Who does the procedure?

It is done by a radiologist (a doctor who specializes in image guided procedures).

Can I bring a relative or friend?

Yes, they can stay with you before and after the procedure. However, for reasons of safety and regulations, they cannot be in the room during the procedure. We will tell you where family members can wait.

What happens before the procedure?

Our Medical Imaging Department contacts you with specific instructions on how to prepare for this procedure.

How long will it take?

It takes about 1 hour for the procedure and can take up to 3 hours to recover. Some people have to stay overnight in the hospital, sometimes for a couple of days.

What happens during the procedure?

- A nurse reviews your health history, and checks your blood pressure and heart rate.
- We start an intravenous in one of your arms so we can give pain and other medicines you might need during the procedure.
- You lie on your stomach on the x-ray table. Let us know if you cannot lie on your stomach. We can adjust the position so you are comfortable.
- We clean your back with sterile solution, and then cover your back with sterile drapes.
- The radiologist uses ultrasound to locate the kidney.
- The radiologist injects numbing medicine to ‘freeze’ the area where the tube enters the skin.
- A special needle is inserted through the skin into the kidney. A fine wire is passed through the needle. The needle is removed. The nephrostomy tube is then guided over the wire into place in the kidney and the wire is removed.
- To check the location of the tube, x-ray dye is injected through the tube and x-rays are taken.
- We place a bandage over the site where the tube enters the skin and connect the tube to a urine collecting bag outside your body.

Does it hurt?

It might sting or burn as the numbing medicine is injected. You should not feel any pain but you might feel some pressure as the tube is put in place. Tell us if you are having pain so we can give you pain medicine.

Are there any risks or complications?

Any time the skin is pierced or cut, there is a chance of infection. Another possible complication is bleeding from the site. You can ask questions about these and any other risks before you sign the consent form.

What happens afterwards?

We move you to a recovery area where you are looked after by a nurse. During this time, the nurse checks your blood pressure, heart rate, and breathing. The tube site and urine collecting bag are checked for urine flow and blood.

We arrange for a community health nurse to see you when you go home. The nurse will show you how to care for your tube and collecting bag. For some people, the collecting bag will not be needed after a few days and the nephrostomy tube can be capped off.

You must arrange for a ‘responsible adult’ to drive or accompany you home.

If your tube needs to be changed or removed, your doctor will arrange for you to return to the Medical Imaging Department to have it done.