

# Nephrostomy Tube Care Discharge Instructions

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## What are my care instructions?

### Dressing changes

- Change dressing every 1-2 days or after taking a shower.
- Wash your hands.
- Remove the old dressing and clean around the tube daily with a clean, single use washcloth, using mild liquid soap and water.
- Rinse well.
- Pat dry.
- Apply new, clean dressing, be careful to position tube so that it does not kink.

### Follow-up care

- Tubes are usually changed every 6-8 weeks.
- If for some reason you did not receive an appointment card on discharge from the hospital, please call our office at 734-936-4536, Option 1 to schedule your tube change.

## How will I care for myself at home?

### Showering and bathing

- Avoid hot tubs and swimming.
- Do not allow the puncture site to be under water as this may lead to the development of infection.

### Showering during the first 14 days after placement of the tube

- Before taking a shower, cover the dressing with a double layer of plastic wrap (also called Saran Wrap) and tape edges to skin.

- After the shower, remove plastic wrap and change dressing.

Showering after the site is healed or after two weeks

- You may shower without the dressing or plastic wrap using soap and water. Rinse well. Pat the area dry and apply a clean, dry, dressing.
- You can sit in a bathtub if you prefer, but the water level must be **well below where the tube enters your skin** (puncture site).

### **Activity**

- Avoid any activity that causes a pulling sensation or pain around the tube, or kinking of the tube.
- Avoid activities such as bending forward or lifting heavy objects as this may result in leaking around the tube.

### **Diet**

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

### **Medications**

- You can take your normal prescription medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

### **When should I call for help?**

Call the Interventional Radiology at 734-936-4536, option 1 between 8am and 5pm Monday-Friday, if you have any of the following:

- **The tube falls out.** It must be replaced within 12-24 hours. Cover the hole in the skin with gauze pads and tape.
- Back pain, chills and fever (greater than 100.6°F). This may indicate an infection in the kidney.

- Abnormal foul-smelling drainage or redness around the tube
- Tube stops draining
- Leakage of urine around the tube and onto your skin and dressing

After hours you can call the Interventional Radiologist on call at 734-936-6267.

**Call 911 anytime you think you need emergency care.** For example, you need to call if:

- You have shortness of breath
- You have chest pains
- You passed out (lost consciousness)

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