

Nephrostomy Tube Care Discharge Instructions

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 734-936-4500, option 1, 5, 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 Vascular and Interventional Radiology at 734-936-4500, option 1, 5, between 8 a.m. and 5 p.m. 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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