

## DISCHARGE INSTRUCTIONS NEPHROSTOMY TUBE INSERTION

In order to continue your care at home, please follow the instructions listed below:

1. **ACTIVITY**

- Gradually increase your activity, as tolerated.
- No heavy lifting, strenuous activity/exercise or heavy housework.
- Showers are allowed after 48 hours, No tub baths.
- Wear loose, comfortable clothing that will not pull or kink the tubing.

2. **MEDICATIONS**

- Use prescribed medication as directed.
- When taking pain medication, you may experience drowsiness or dizziness. Do not drive or drink alcohol while taking these medications.
- Resume any medications you were taking before your surgery. If taking anticoagulants, check with your physician before restarting these medications.

3. **OPERATIVE SITE**

- Dressing must be kept clean and dry. When showering, cover dressing with layers of saran wrap taped over the dressing.
- Always wash your hands before changing the dressing or emptying your urine collection bag. Empty the urine bag when it is  $\frac{1}{2}$  to  $\frac{2}{3}$  full or before going to bed.
- Check the dressing often to make sure the tubing is securely taped.
- Do not let the drainage bag hang freely otherwise it might pull on the tube. Pin the drainage bag to clothing or secure it with tape.
- Daily dressing changes may be required after 48 hours. When the wound is healed in approximately 2 weeks, you can remove the dressing before showering.
- Clean gently around the insertion site with either a liquid soap or salt water. Clean Q-tips may be used to clean secretions from the insertion site. A slight accumulation of debris around the catheter insertion site is common and is not cause for concern unless they are purulent.
- If your urine output stops, check the stopcock on the tubing to ensure it is in the correct position.
- Despite having a nephrostomy tube, you may still have urine collecting in your bladder.

4. **NUTRITION**

- Drink at least 6-8 glasses of fluid daily.

5. **SPECIFIC COMPLICATIONS TO WATCH FOR**

- Fever over 38°C/101°F by mouth.
- Pain not relieved by ordered medication.
- Persistent nausea or vomiting.
- Redness or purulent drainage at or around the tube.
- Urine stops draining from the tube or urine leaking around insertion site.
- Pain develops on the side your tube is located.
- Bright red blood starts to drain through or around your tube.
- The tube becomes dislodged or falls out.

6. **FOLLOW-UP CARE**

If you require attention following discharge, contact your surgeon and/or your family physician, go to a walk-in clinic, call Health Link BC at 8-1-1, or go to the nearest Emergency Department.