



Patient Information Leaflet

# Caring for your Nephrostomy

**Produced by:**  
Department of Diagnostic Imaging

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**If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.**

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**Polish:**

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

**Russian:**

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

**Turkish:**

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

**Bulgarian:**

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, опитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

**Czech:**

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

**Bengali:**

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টলেফি এন ইংরেজি কথা কটে জিজ্ঞাসা করুন এবং সাহায্য করুন

## **After the procedure**

You will be taken back to the ward where nurses will monitor your blood pressure and pulse rate. You may have to remain in bed until your observations are stable and to aid your recovery.

You can eat and drink.

The nurses on the ward will teach you how to empty your urine collection bag.

You should be able to return home within 6 hours of having your Nephrostomy – as long as there are no complications.

You should get someone to drive you home.

## **Sedation**

If you had sedation during your procedure for the following 24 hours **YOU MUST NOT:**

- Drive.
- Operate any domestic appliances or machinery.
- Drink alcohol.
- Be responsible for looking after small children.

## **YOU SHOULD**

- Drink plenty of water, not too much tea or coffee.

## **Frequently asked questions**

### **How long will I have to have a Nephrostomy?**

It will depend on why you are having a Nephrostomy. The tube can stay in place for up to 3 months. If the obstruction has not been resolved in this time then the tube will need to be changed. An appointment will be sent to you to attend the Department of Diagnostic Imaging for a tube change should it be required.

### **What are my restrictions?**

Initially you may find it difficult to bend and stretch and it may feel uncomfortable when moving. Holding your hand over the catheter site may help. You will soon learn how to move in a comfortable way.

### **Can I eat and drink normally?**

Yes. You can eat and drink normally. You should ensure that you drink plenty of fluids.

### **Will I pass urine the normal way?**

Yes. You usually have two kidneys and provided the one without the tube is still functioning normally, you should expect to pass urine normally. If you have Nephrostomy tubes in both kidneys then it's unlikely that you will pass urine the normal way as the urine will drain into the Nephrostomy tubes first.

### **Can I go to work?**

Some jobs may be fine to return to, heavy manual work may be unsuitable. Please discuss this with the urology team before you go home.

### **Can I drive?**

If you do not feel restricted and are comfortable. You should inform your insurance company and check with the urology team first.

### **Can I go on holiday?**

You would need to discuss this with your Urology consultant it will depend on why you had a Nephrostomy tube.

### **Can I bathe / shower?**

A shower is fine; you will have a waterproof dressing over the site. Similarly A shallow bath will also be fine.

### **Can I go swimming?**

We advise you not to as water may get into the catheter site and possibly cause infection.

### **What happens if the bag stops collecting urine?**

A good indication that the tube has come out or is not in the correct position is when the bag does not collect urine anymore. If this happens you must contact us, Information on how to do this is written on the back of this leaflet.

### **What should I do if my urine becomes smelly and cloudy or there is blood in the bag?**

You must contact your GP as this could indicate an infection.

### **How do I connect the drainage bag?**

The nurses on the ward should have shown you before leaving the hospital, but if you are still unsure your district nurse or GP practice nurse will show you.

## **Changing the dressing & bag**

Your Nephrostomy tube will be attached to your skin by a device called a statlock then covered with a water proof dressing. The dressing should be changed once a week by a district nurse or practice nurse at the GP surgery.

The drainage bag should also be changed once a week this can be done at the same time as the dressing.

## **At home**

When at home you must look after your Nephrostomy tube and take care not to pull it out. Do not allow any tension on the tube itself; make sure the urine bag does not hang freely.

Your continued care will be provided by either your GP practice nurse or the community nurses, depending on your circumstances – the ward will provide this information.

## **Contact us**

If you have any concerns or questions regarding your Nephrostomy tube, please contact the Department of Diagnostic Imaging on 534679 Monday to Friday between 9am and 5pm.

Out of these hours you must contact the Accident and Emergency Department .

## **Useful contact numbers**

Department of Diagnostic Imaging                      534679

St. Mary's Hospital    524081

GP Practice nurse

District nurse

**If you have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.**

If you require this leaflet in another language, large print or another format, please contact the PALS Team, telephone **01983 534850**, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues online at: **www.nhs.uk**

For Health advice and out of hours GP service please call the NHS 111 service on: **111**

### **We Value Your Views On Our Service**

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the PALS Team. If you wish to contact them directly, telephone on **01983 534850**.

Alternatively you may prefer to write to:

Chief Executive  
Isle Of Wight NHS Trust  
St Mary's Hospital  
Newport, Isle of Wight, PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on **03000 61 61 61** or at **enquiries@cqc.org.uk**

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.