

Post Care: Nephrostomy Tube Insertion

You have had a Nephrostomy Tube inserted into one or both of your kidneys. The tube will remain in once you leave the Diagnostic Imaging department. This handout will provide you with some information you need to recover from your procedure, and answer some of the questions you may have.

How Should I Care for the Site?

You should experience little to no bleeding at the tube site after your procedure. If you notice swelling or any blood soaking through your bandages, apply firm pressure to the area and seek immediate medical attention. Urine will likely be blood tinged and may have clots in it.

What Should I Do for Pain?

You may take any pain medication approved by your ordering primary care provider. The freezing will start to wear off in a few hours. During this time, you may experience a tingling sensation.

How Do I Care for the Nephrostomy Tube?

It is best to delay showering as long as you can, but you may shower 48 hours after the tube has been inserted **provided the site stays dry**. You may protect the dressing with plastic wrap taped to your skin so the dressing is completely covered. The tube site should be kept dry for the next 14 days. After that time, when the site has healed, you may shower without the dressing and plastic wrap.

Should I Limit My Activities?

It is very important that you **do not pull on the tube**. Avoid any physically-demanding activities for 48 hours after your procedure, such as:

- Heavy lifting;
- Strenuous exercise; and
- Tennis, golf or other sports.

What Are My Next Steps?

Please make arrangements to follow up with your urologist.

When Should I Be Concerned?

Report any of the following symptoms to your primary care provider:

- The skin around where the tube enters your body is very red, swollen, itchy, or develops a rash;

- You have a fever;
- You have **sudden onset** of lower back or hip pain;
- You suddenly have bright red drainage coming out of your tube, or you have other changes in how your urine looks or smells;
- You have little or no urine draining from the nephrostomy tube; or
- You have an upset stomach and are throwing up.

SEEK CARE IMMEDIATELY IF:

- The black mark on your tube has moved, or you see that your tube is longer than it was when it was put in;
- The nephrostomy tube comes out;
- There is blood, pus, or a bad smell coming from the place where the tube enters your skin;
- Urine is leaking around the tube *more than 10 days* after the tube was placed; and
- Your bandage is suddenly soaked with blood.