

Caring for Your Nephrostomy Tube



UHN

Caring for your nephrostomy tube is a team effort. You and the Interventional Radiology team will work together to keep your nephrostomy tube working well and free from infection.

How to care for your nephrostomy tube

Your nephrostomy tube is in a place that makes it hard for you to take care of it by yourself. You will need help. We can train a family member to help you or work with your local Community Care Access Centre (CCAC) to have a community nurse help you.

- Your nephrostomy tube is not stitched in place. It is fastened to your skin with 2 pieces of clear dressing.
- We will give you a brochure called “*Stable Tube Dressings*” to show you how to change your nephrostomy tube dressing.
- If the clear dressing comes loose, tape it down until a nurse can change the whole dressing. **Do NOT remove this clear dressing. Your tube could fall out.**

Other important points to remember

- Keep the bag attached to your tube securely in place. To protect your tube, pin the bag to your clothes using safety pins. Or use the leg straps to keep it in place.
- There should be no tension or stretching on the tube connected to the bag.
- Keep the skin around your tube dry.
- When you shower, if your tube area gets wet, dry the skin completely.
- Clean the skin around the tube every day using soap and water. You can cover the tube with sterile gauze if you like.
- **Make an appointment to have your tube changed every 3 or 4 months or when problems happen.**

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Watch for these problems

Please see the chart below to learn about problems you might have. This chart also explains how to prevent these problems and how to deal with them when they do happen.

Type of infection	How to prevent the problem	How to treat the problem
<p>Skin infection</p> <p>You may have redness, soreness or swelling of the skin around the PTCd catheter.</p>	<p>Clean your catheter and the entry site to your catheter once or twice every day</p>	<ul style="list-style-type: none"> • Change your dressing 2 times every day. • Clean your tube and skin with Normal Saline (you can buy it at your pharmacy). • Put an antibiotic ointment (for example Polysporin[®]) around the catheter insertion site every time you change your dressing. • Then put dry, sterile gauze over the tube. <p>*Do this for 1 week. If it does not get better after 5 days, tell the doctor who ordered this tube for you.</p>

Type of infection	How to prevent the problem	How to treat the problem
<p>Kidney Infection</p> <p>Your nephrostomy catheter may not be draining urine if:</p> <ul style="list-style-type: none"> You will feel pain in the kidney area (middle of your back). You have fever and chills. 	<p>Rinse your external drainage bag with clean water every day.</p> <p>Change your nephrostomy tube every 3 months.</p>	<ul style="list-style-type: none"> If your tube is capped, uncap it and connect your tube to a drainage bag. Call the Interventional Radiology department right away. <p>The number is: 416-340-4800 ext 3387.</p> <ul style="list-style-type: none"> You will probably have a tube change within 48 hours. You may also need to be started on antibiotics.

Type of infection	How to prevent the problem	How to treat the problem
<p>Tube is displaced or dislodged</p> <p>Your catheter looks like it has partly come out or is completely out.</p>	<p>Make sure that your bag is firmly in place. Use safety pins or leg straps.</p> <p>Do NOT pull off the see-through dressing without help.</p> <p>Check your dressing every day to make sure it is securely in place.</p>	<ul style="list-style-type: none"> • Call the Interventional Radiology department to make an appointment for that same day. • After regular hours or on weekends, go to the Emergency department. • If your tube is partly out, tape it in place. It is important to keep it in as much as possible because your new tube can go in through the same opening and tract. • If your tube is out completely, call us right away. The number is: 416-340-4800 ext 3387. The tract quickly closes and makes it difficult when you are having it replaced.

Type of infection	How to prevent the problem	How to treat the problem
<p>Blocked Tube There is no drainage in the tube.</p> <p>The bag and urine is leaking around the catheter site.</p> <p>You have pain in the kidney area.</p>	<p>Look to see if you have any kinks in the tubing. If you do, straighten them out.</p> <p>If you don't it means that you have a blockage. It is hard to prevent a blockage.</p> <p>Change your tube every 3 months.</p>	<ul style="list-style-type: none"> • Call the Interventional Radiology department. You will probably need to have your catheter changed. A change procedure takes 20 to 30 minutes. You can have it as an outpatient appointment. The number is: (416) 340 - 4800 ext. 3387. • On weekends or holidays, please go to the Emergency Department at Toronto General or Toronto Western Hospitals.

Who to call if you have any questions

If you have any problems with your Nephrostomy tube, call the Medical Imaging department and ask to speak with a radiology nurse.

The number is: _____
 The hours are: Monday to Friday 8:00 a.m. to 4:00 p.m.

For routine tube changes, you may call our booking desk to make an appointment. When you call, tell the booking clerk that you need an outpatient appointment in the Interventional Radiology department.

The number is: _____
 The hours are: Monday to Friday 8:00 a.m. to 4:00 p.m.

If you have questions about your percutaneous nephrostomy tube, or if you need other information, please call the Medical Imaging department. Ask to speak with a nurse.

The number is: _____

