

## Nephrostomy: aftercare

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You have had a nephrostomy. This is a procedure where we place a tube through the skin into your kidney to allow urine to drain externally when the usual internal pathway is blocked.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

Blood pressure / Pulse on discharge: \_\_\_\_\_

Clinical condition on discharge: \_\_\_\_\_

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### What to expect afterwards

- Rest, take it easy and avoid strenuous activity for the next 24 hours.
- You may have pain, bruising and discomfort near/around the incision site. This should improve over the next 24-48 hours. Please take painkillers for relief either at home or ask the nursing staff if in hospital.
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding put pressure on it immediately. If it does not stop after 10 minutes of pressure then call for help - please attend the Emergency Department or call 999.

### When to seek help

Please contact us if you experience:

- New fresh or increased bleeding.
- Light headedness, dizziness, nausea, clammy skin, blurry vision or loss of consciousness.
- Pain that is not controlled with painkillers.
- Pus or mucky material around the drain site.
- Bright red blood in the drainage bag.

Please bring this information sheet with you if you seek medical attention.

### What painkillers can I take and for how long?

If you have the following painkillers at home you can take if it is safe for you to do so:

- Paracetamol – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- Anti-inflammatory – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g.

you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

### How long should I keep my wound dressing on for?

Keep the wound dressing clean and dry. It should stay on for as long as the drain remains in place. If the dressing gets wet or falls off, please contact the department and we can arrange for new ones to be placed.

### When can I resume my normal lifestyle?

This will depend on how soon you recover. You should be able to resume most normal activities of daily living within 48 hours. Remember that you have a tube behind you, and make sure it doesn't get caught on anything or pulled out.

### When can I drive?

You should not usually drive with nephrostomy tubes in place. Usually they are only used for a short period of time.

### What happens next?

You may require a further procedure to unblock your kidneys. This is usually arranged by the urology team, who will be looking after you.

### Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours please attend Royal Berkshire NHS Trust Emergency Department or your nearest Emergency Department.

### Further information

For further information about the Trust, visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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