

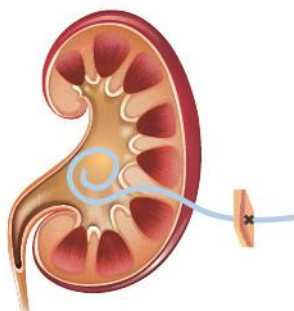
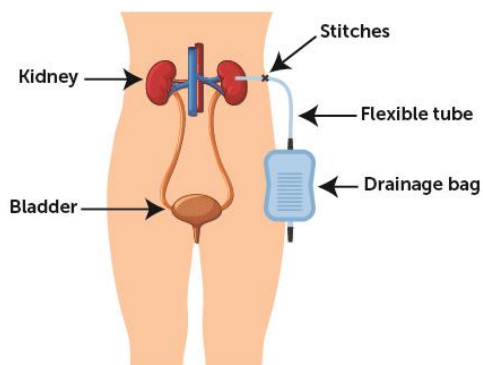
# MANAGING YOUR NEPHROSTOMY

Over the next few days or weeks, you will have to take care of your nephrostomy devices and regularly empty urine from your bag. This folder will remind you how to proceed and what to monitor.

## WHAT IS A NEPHROSTOMY?

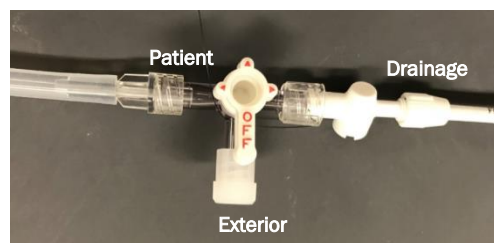
A nephrostomy involves a flexible tube inserted into your kidney through the lumbar region in the back. Stitches or a dressing keep the tube in place.

The exterior end of the tube is connected to a drainage bag which collects the urine voided.



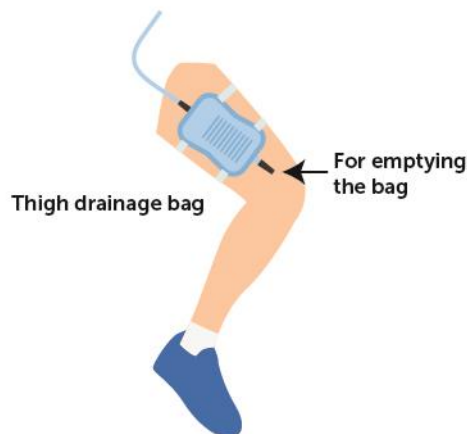
## MANAGING YOUR NEPHROSTOMY

- Always wash your hands before and after handling the nephrostomy tube or drainage bag.
- Make sure the tube is not twisted or kinked.
- Regularly check the drainage bag to ensure it is not overfilled.
- Always keep the drainage bag below hip level.
- Empty the drainage bag at least 3 times daily: in the morning, in the afternoon and at bedtime (or more often, as required). The bag must be emptied when it is 2/3 full.
- Check your dressing in the mirror in the morning and in the evening to ensure that it is in place and that it covers the drainage site.
- If there is a tap between the tube and the bag, check it at least 3 times daily to ensure it is always connected to the connecting tube in the open position (pointing outwards).



## HOW TO EMPTY THE DRAINAGE BAG

- Wash your hands thoroughly before and after emptying the drainage bag.
- Unfasten the straps around your thigh.
- Unscrew the cap and empty the contents of the drainage bag into the toilet bowl.\*
- Screw the bag cap back on.



### \*IF YOU NEED TO MEASURE YOUR URINE

- Pour the urine into the graduated container without touching the edge to prevent contamination.
- Measure the urine quantity on the graduated container and write the amount and colour in your designated monitoring sheet.
- If you have more than one drain (one in each kidney), it is essential to measure the urine quantities separately. You must note the quantities of each drainage on the quantity monitoring sheet.

## OTHER RECOMMENDATIONS

- Showering is allowed on the day following the procedure.
  - Do not direct the water jet toward the dressing. The bandage must remain dry at all times.
- It is prohibited to use baths and swimming pools.

## CLSC

The CLSC will contact you to schedule your appointments.

## DRESSING CHANGE

- Once (1X) a week and as needed
- \_\_\_\_ times per week

## IRRIGATION

- Twice (2X) a week
- \_\_\_\_ times per week

## DRAIN REMOVAL

- Removal date: \_\_\_\_\_
- The surgeon will evaluate the removal at the next follow-up appointment.

## SIGNS AND SYMPTOMS YOU NEED TO MONITOR

Call Info-Santé 8-1-1 or your CLSC nurse if:

- The tube is partially or totally displaced. Never attempt to put the tube back in place.
- Redness, heat, discharge around the drain;
- Chills or fever (>38,3 °C or 101 °F);
- Change in urine's appearance:
  - Colour  
It is normal to have a pinkish colour. However, if the urine is dark red, you need to consult.
  - Blood clots or deposits  
It is normal to have deposits in urine. However, you need to consult if you notice an increase in deposits.
- Sudden cessation of flow;
- Medication does not relieve pain at the surgical site;
- Profuse bleeding or increased bleeding.

## PRACTICAL RESOURCES

Other information tools regarding your surgery are available for consultation at [santeestrie.qc.ca/examinations-surgery](http://santeestrie.qc.ca/examinations-surgery)



