

Department of Radiology
The Aga Khan University Hospital
Instructions to the Patient for
Outpatient - Nephrostomy

Introduction:

Nephrostomy is a procedure done for obstructed kidneys, e.g. due to stones. This is a temporary relief till a definitive treatment for obstruction is done. The idea is to divert urine to exterior and save the kidney since obstruction will gradually damages the kidney. In this procedure a tube is placed into the kidney after puncturing kidney through skin. A bag is connected to the tube in which the urine is collected. The procedure is done under local anaesthesia. It usually takes half to one hour for procedure completion.

Preparation before procedure:

1. Complete fasting 6 hours before procedure.
2. Blood tests required: a) P.T. b) APTT c) Platelets Count
3. Patient on any medication should inform the doctor and can take them according to the doctor's advice.
4. Patient on Aspirin/Persantin should stop these medications a day before the procedure and restart 3 days after the procedure.
5. Some other person should accompany the patient.

Post Procedure Instructions:

1. Patient will remain in the recovery area under observation for at least 4 hours after the procedure finishes.
2. He/she can eat and drink after the procedure
3. Patient is encouraged to drink adequate amount of water for at least couple of days except is some patients in which fluid restriction is required.
4. Continue antibiotics if infection is present.
5. Patient may be given injections for pain and anxiety due to which he/she can remain drowsy for some time.
6. Patient will normally notice blood stained urine in the collection bag which will gradually clear up over the period of 48 hours.
7. Two Tabs. Panadol can be taken for pain.
8. Patient has to report/inform radiology department or ER if:
 - There is fresh blood coming into the bag for many hours and not clearing up.
 - Blood is persistently coming into the bag even after 48 hours.
 - He/she develops high-grade fever.
 - Urine stops coming into the bag or there is sudden decrease in flow.
 - There is leakage from tubing or soakage of bandage.
 - Tube pulled out.
9. Tube will be removed as advised by the urologist and should be changed after a month.
10. Bag emptying should be done several times a day.
11. Tub baths are not permitted. Patient may shower protecting the bandage.