

# Nephrostomy Tube

## Information for Patients

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Your child has a nephrostomy tube and is now ready to go home. A Community Children's Nurse will be arranged to support you at home while the tube is in place. Here is some advice to help you at home.

A nephrostomy tube is a fine plastic drainage tube placed directly into your child's kidney through the skin surface on his/her back.

### Why is it needed?

- If there is a blockage which stops the urine draining properly from the kidney into your child's bladder
- Following treatment for removal of kidney stones

When the tube is placed initially, the urine may be bloodstained but this is normal and should clear quickly. As the tube is placed directly into the kidney it is important it is kept clean. Your child should be encouraged to drink plenty of fluid to help flush out the kidney and clear the urine. If the tube is accidentally pulled or knocked some blood in the urine may be seen but this should clear quickly also.

### Wound

Where the tube comes out onto the skin surface, a dressing called "Drain Guard" is applied. This helps secure the tube in place.

- The dressing should be checked every day to ensure it is not damp, loose or "smelly". Drain Guard dressings can be left alone for up to a week but will need to be changed more frequently if there is any discharge (smell) or dampness. Your Community Children's Nurse will help with this and advise how often to change the dressing.
- The tubing and drainage bag must be supported and not kinked (bent/twisted) and kept below the level of the hip so that urine can drain freely. The tubing should be taped to your child's side as it was when he/she was in the hospital. The tubing or bag should then be fixed to their clothing so the bag is supported.
- The drainage bag should be emptied frequently so it is never too full as the weight of it will pull on the tube. You should wash your hands before and after emptying urine from the drainage bag.
- If your child has one nephrostomy tube he/she will still pass urine in the normal way. If there are two tubes, one in each kidney, he/she may not pass urine in the normal way.

## **Pain**

Some discomfort may still be felt at home. Paracetamol can be given regularly following the instructions on the bottle.

## **Bathing**

A shallow bath or shower can be given as normal, taking extra care of the nephrostomy tube.

## **Play/nursery/school**

Unless you have been instructed otherwise, your child should be able to resume nursery/school and most activities. Nursery/school should be made aware of your child's tube and who to contact if there is a problem. **Gym, contact sports and swimming should be avoided**, however, until advised by your surgeon/consultant or until the tube has been removed.

## **Questions and problems**

Should you have any problems in the first few days at the home please contact the ward or your Community Children's Nurse for advice. Should your child's tube be accidentally pulled out or is no longer draining urine, contact the ward or Emergency Dept. **immediately** as it may need to be replaced. Your GP will be informed about your child's operation directly by letter.

## **Contact telephone numbers**

Emergency Department tel. – **0131 312 0007**

Ward 3 (Tantallon Castle) tel. – **0131 312 1331**

Royal Hospital for Children and Young People  
50 Little France Crescent  
Edinburgh EH16 4TJ  
Tel.: **0131 536 1000**

Nephrostomy Tube – Information for Parents

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