Nephrostomy Tube Care

You are going home with a percutaneous nephrostomy tube (small tube inserted into your kidney through the skin on your back and attached to a drainage bag). The instructions below will help you care for your tube at home.

Protect the tube from being pulled out. Handle with care.

Cleaning instructions
1. Remove adhesive tape. When pulling the adhesive tape, hold the nephrostomy tube down with the other hand.
2. Wash the area around the nephrostomy tube with soap and water. (Take a shower.)
3. Pat the area dry.
4. Apply a new dry dressing and secure tube with tape.

Nephrostomy tube irrigation (if applicable)
Supplies:
• Prefilled Normal Saline syringes – or – 1 bottle of Normal Saline solution
• Syringes
• Alcohol swabs

Procedure
1. Draw 10 cc of Normal Saline solution into the syringe.
2. Attach syringe to stopcock.
3. Turn the valve (stop-cock) to the off position towards the drainage bag (floor). [A]
4. Inject the Normal Saline into the open site of the valve.
5. Turn the valve (stop-cock) to the closed position towards the side (perpendicular) away from the tubes. [B]
6. The arrows on the valve must be open to the tubes.

Care of the drainage bag
1. Disconnect the drainage bag from the nephrostomy tube.
2. Drain the urine.
3. Wash the drainage bag with warm soapy water. Rinse well.
4. Add two drops of vinegar to the bag.
5. Reattach the drainage bag to the nephrostomy tube and secure well.

If the nephrostomy tube is to be clamped:
If the nephrostomy tube is to be clamped as per doctor’s orders, you must do the following:
• Drink plenty of fluids regularly
• Urinate frequently

If you experience severe pain on the nephrostomy tube site, unclamp the tube and attach to the drainage bag. Call your doctor or come to the emergency room if your pain persists.

Signs and symptoms to report to the doctors
• Severe pain not relieved by pain medicine
• Nausea or vomiting
• Temperature of 100.4° F or higher
• Nephrostomy tube falling out

The information presented is intended for general information and educational purposes. It is not intended to replace the advice of your health care provider. Contact your health care provider if you believe you have a health problem.