



## Nephrostomy Tube Removal Discharge Instructions

The tube in your kidney (nephrostomy tube) that has been draining urine directly from the kidney is no longer needed and has been removed.

We are sensitive to your needs and concerns and want to let you know your safety and well-being are our primary concern. These instructions will help you understand the recovery process.

### Instructions after Nephrostomy Tube Removal:

- Rest for the remainder of the day of your procedure.
- If you received sedation, do not drive for 24 hours following your procedure.
- Do not lift anything weighing over 5 kilograms (10 pounds) for the 24 hours following your procedure.
- Do not participate in sports or strenuous activity for 48 hours following your procedure.

### Diet :

- You can eat what you normally eat.
- Drink plenty of fluids.

### Medications:

- If needed for pain or discomfort, take Tylenol (acetaminophen) for the next 48 hours. Follow the directions on the label.
- Resume your usual medications following your procedure unless otherwise instructed.

### Dressing Care/Sutures:

- Remove the gauze dressing (Band-Aid) 24 hours after your procedure.

### Bathing:

- You may shower or sponge bathe but keep the dressing dry for 24 hours following the procedure.
- Do not bathe or swim (especially in lakes) for one week as this may cause an infection at the insertion site for one (1) week following your procedure.

### If you experience any of these changes, call your doctor:

- Fever more than 100°F (38°C) or chills
- Persistent, unusual back pain or side pain
- Redness, swelling, or leakage from the former tube site
- Low urine output or dark, foul-smelling urine

**If you received Conscious Sedation (IV sedation) and are discharged the same-day:**

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes driving, making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.

**For any questions please contact Oregon Interventional Radiology at 541-618-5801**

**In all emergency situations call 911**