PERCUTANEOUS NEPHROSTOMY/STONE REMOVAL

PREPARATION

Drink only clear fluids after a normal supper the evening before your procedure. This may include coffee, tea, juice, Jell-O, clear soups. No dairy products please.

Take all your regular medications with water as ordered by your doctor.

Bring all your medications, and respective dosages of these medications, with you on the morning of your procedure. If you are on medications for diabetes ask your family doctor about the need to stop these medications.

You must not be taking any anticoagulants ("blood thinners") before your angiogram. If you take these medications they must be stopped well before your procedure, please consult with your doctor about these medications.

You must be accompanied by an adult who will transport you to and from the hospital.

You must arrange to spend the night after your angiogram or biopsy in the company of an adult who can transport you to the Hospital within 15 minutes if a delayed complication of the procedure occurs. Patients who have a venous access procedure may return home.

Patients should expect a two to six hour supervised recovery period after their procedure is completed. This is standard practice and is in the interest of patient safety and comfort.

PROCEDURE

A percutaneous nephrostomy tube is a small, soft plastic tube. It enters the skin in the side of your lower back to drain urine from the kidney. The purpose of this tube is to relieve pressure in the kidney from urine that has backed up into it. This tube is placed for many reasons. Most of the time, there is some type of blockage that prevents urine from draining out of the kidney into the bladder.

The tube is placed in the Radiology in a special suite. Placement of the tube is done using:

- Ultrasound to create pictures of your organs and record the echoes of sound waves.
- Fluoroscopy an exam of your organs by means of x-rays.

Before the tube placement, an Interventional Radiologist will explain what is going to happen and ask for your consent to do it. Please tell the doctor if you have any
allergies to contrast dye, antibiotics, anesthetic (numbing) agents, latex, or any other medicines that you may have taken before.

An intravenous (IV) catheter will be placed in your hand to give you medicines for pain and to relax you. IV antibiotics are also often given.

After a review of your x-rays and an ultrasound and fluoroscopy, the doctor will mark your lower back with a marker. This helps plan where to place the tube. After marking this area, the skin will be cleaned with a special soap. A sterile drape will be placed over your back and legs. The doctors will put on sterile gowns and wear masks.

A local numbing agent (1% Lidocaine) will be injected into the skin of your flank or lower back in order to numb the area so you won't feel the needle go in. You will begin to get medicine to relieve the pain and help relax you. Most of the time, patients do not feel much pain, but you may feel pressure during the placement.

Once the area is numb, the doctor will put a small needle into the kidney through the skin of your flank or lower back. When it is in place, a small amount of x-ray dye will be injected in order to see your kidney and urinary system called a Nephrostogram. Sometimes if a stone is present it may be removed during the procedure through the gained access. The needle will then be replaced with a soft tube that stays in the kidney.

The other end of the nephrostomy tube will remain outside your body to drain urine into a bag. The tube is secured into place at the skin surface with a stitch. After this, a dressing is placed over the tube. The entire process should take 1 to 2 hours but sometimes it can take longer.

AFTER THE PROCEDURE

You will return to a hospital room where you will rest and recover for 4-6 hours.

The nursing staff will be checking your vital signs such as pulse, blood pressure and temperature.

Nurses will watch how your tube is working. They will check the amount and color of your urine. It is okay if your urine appears blood tinged. this is normal. It will clear up over time.

You should tell the nursing staff if you:

- feel nauseated
- vomit
- feel like you have a fever or have chills
- have severe pain where the tube goes in
- have any problems breathing

A Nephrostogram may be ordered in days to follow to check the status of the Urinary collecting and drainage systems.

Time to perform: 60 minutes