

A guide to your nephrostomy



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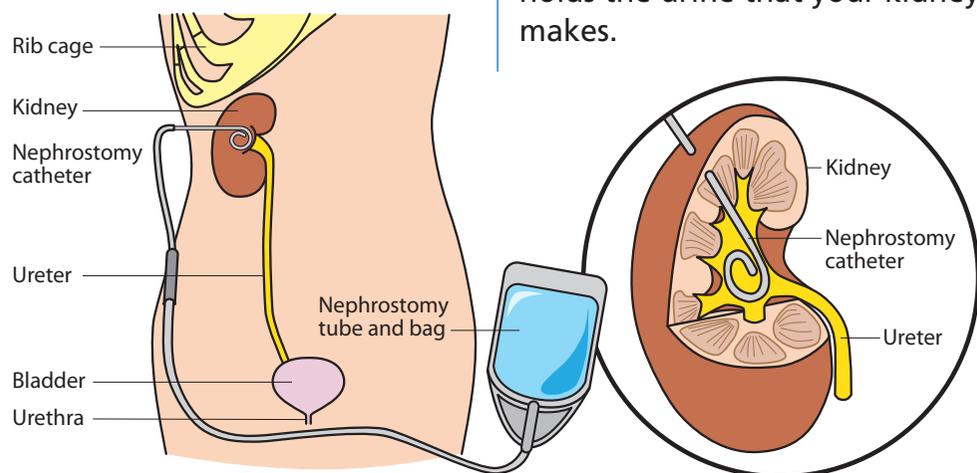


The Information Standard  Certified Member

Why do I need a nephrostomy?

Most people have two kidneys, which make urine by filtering waste from your bloodstream. Urine normally drains from your kidneys into your bladder through small muscular tubes called ureters.

Tests you have had show that one or both of your ureters has become blocked. If left untreated your kidney will become damaged.



What does a nephrostomy involve?

A nephrostomy is a procedure to drain urine from your kidney using a small tube (catheter). It is performed by a radiologist (specialist x-ray doctor).

They will put the catheter through your back and then into your kidney. This will usually be just below your ribs.

A nephrostomy usually takes about 20 to 45 minutes. When the radiologist is satisfied that the catheter is in the correct position, he/she will attach a plastic collection bag to it. This holds the urine that your kidney makes.

What are the risks?

We try to make sure your nephrostomy is safe. However, every procedure has risks and potential complications - see below:

Bleeding

There is usually some bleeding from the kidney and some blood will drain into the bag. On very rare occasions this may become severe and require a surgical operation or another radiological procedure called embolization of the kidney to stop it.

Infection

Infection can occur in the kidney, or in the space around the kidney. This can usually be treated with antibiotics.

Leaking urine

Sometimes urine can leak from the kidney and collect in the abdomen. If the collection is large, it will need to be drained.

Allergic reaction

You could be allergic to the materials or drugs used. We normally use the local anaesthetic called lignocaine 1%.

The healthcare team looking after you is trained to detect and treat any reactions that might happen. Let the radiologist know if you have had any allergies or if you have reacted to any drugs or tests in the past.

Failed nephrostomy

Sometimes the radiologist is not able to place the catheter in a good enough position in the kidney. If this happens, you may need surgery to solve the problem.

Preparation

Will I need to fast for my procedure?

Yes you will need to fast for this procedure. Please see your admission letter for instructions.

How will I be prepared?

A member of staff will undertake clinical observations such as measuring your blood pressure.

A fine tube (cannula) will be put into one of the veins in your arm. We will ask you to put on a hospital gown.

You will be offered sedation unless there is a medical reason that makes sedation dangerous. If you are being sedated you will be given oxygen through a mask or small tubes in your nose.

You will be visited by one of the nurses from the x-ray department prior to your nephrostomy. This helps you to get to know the team and you can ask any questions you may have about the procedure.

Important:

Let the nurse or your doctor know if you have a problem with easy bleeding or bruising or if you are taking tablets that can affect bleeding such as **WARFARIN**.

If you have any allergies, you must let us know. If you have previously had a reaction to intravenous contrast medium (dye) used for kidney x-rays and CT scanning, and then you must also tell your doctor about this.

Will it hurt?

Local anaesthetic is used and this will sting to start with, but this soon wears off, and the skin and deeper tissues should then feel numb. Later, you may be aware of the needle and then the catheter passing into the kidney.

This is uncomfortable and can sometimes be painful especially if the kidney was sore to start with. There will be a clinical member of staff, with you and looking after you at all times.

If the procedure does become painful for you, then they will arrange for you to have more painkillers through the cannula (needle).

The ward staff will have put this cannula into a vein in your arm before you come to x-ray.

Your instructions for medication prior to admission

If you are taking any Anticoagulants i.e. Warfarin, Clopidogrel, Aspirin please contact your GP. Your medication may need to be stopped before coming into hospital for the procedure.

Take your usual medicines on the day of the procedure.

Failure to follow this advice may result in your appointment being cancelled.

Diabetes

If you are diabetic please contact the:

Diabetes Centre

Monday to Friday between 8.30am and 12 noon on

 **0161 206 2095**

Do this as soon as you receive this appointment and ask to speak to a diabetes specialist nurse.

How long will I have to wait?

You will wait on the ward until the x-ray room is available for your procedure.

When you arrive in x-ray we will take you straight into the procedure room. We will endeavour to keep you informed of any delay.

After the procedure

You can eat and drink 4 hours after this procedure.

You will be taken back to your ward on a trolley.

Nurses on the ward will carry out routine observations, such as taking your pulse and blood pressure, to make sure that there are no problems. They will also look at where the catheter goes in to you back (entry site) to make sure there is no bleeding from it.

You will generally stay in bed for a few hours, until you have recovered from the procedure.

You will usually be a little sore for a short while after the procedure but any pain can be controlled using pain killers.

The catheter will need to stay in place until the cause of the blocked ureter has been treated. You may only need it for a short time if, for example, you have a stone that can be passed naturally.

However, if you need further treatment such as surgery or a course of antibiotics, you may need the catheter for a longer time.

Be careful not to make any sudden movements, and make sure the bag moves with you when you move around. You will need to stay in hospital overnight.

What if I decide not to have the nephrostomy done?

Please contact your referring doctor to discuss the procedure. You can also contact the x-ray department using the contact details below.

You will also be able to discuss any concerns you have with the radiologist or radiographer when you come for the procedure.

If you then decide not to go ahead with the procedure we will write to your referring doctor to let them know.

If you have any concerns about preparing for you nephrostomy contact:

 **0161 206 2206**

 **0161 206 2209**

Make sure you are satisfied that you have received enough information about the procedure, before you sign the consent form.

If you are not able to telephone please contact us via email on:

 **booking.radiology@srft.nhs.uk**

Please include your name, address, date of birth and hospital number (if known) on all correspondence

If you need to cancel or change your appointment call us as soon as you can so that we can use it for another patient.

Interpreters

If you need an interpreter for your examination please call the department so that we can try to arrange this, or there will be information about translation services on the back page of this leaflet.

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In accordance with the Equality Act we will make 'reasonable adjustments' to enable individuals with disabilities, to access this treatment / service.

If you need this interpreting please telephone

Polish

Jeżeli potrzebne jest Państwu tłumaczenie, proszę zadzwonić pod numer.

Urdu

اگر آپ کو اس ترجمانی کی ضرورت ہے تو مہربانی کر کے فون کریں۔

Arabic

إذا كنتم بحاجة الى تفسير او ترجمة هذا الرجاء الاتصال

Chinese

如果需要翻译，请拨打电话

Farsi

اگر به ترجمه این نیاز دارید ، لطفاً تلفن کنید

0161 206 0224

Email: InterpretationandTrans@srft.nhs.uk

Under the Human Tissue Act 2004, consent will not be required from living patients from whom tissue has been taken for diagnosis or testing to use any left over tissue for the following purposes: clinical audit, education or training relating to human health, performance assessment, public health monitoring and quality assurance.

If you object to your tissue being used for any of the above purposes, please inform a member of staff immediately.

Salford Royal operates a smoke-free policy.

For advice on stopping smoking contact the Hospital Specialist Stop Smoking Service on 0161 206 1779

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