

The doctor will place ultrasound jelly on your skin and use an ultrasound machine to locate your kidney.

After your skin is numb, a needle will be inserted through your skin into the kidney. Contrast (x-ray) dye will be injected through the needle. The nephrostomy catheter (tube) will then be inserted into the kidney. You may feel some pressure and discomfort when the tube is inserted.

The nephrostomy catheter site will be covered with a dressing. The catheter will be connected to a drainage bag. The urine will flow from your kidney through the catheter into the bag. The fluid may contain some blood at first. The blood usually clears after a few days.

WHAT WILL HAPPEN AFTER THE PROCEDURE?

You will be taken back to the recovery room. Your vital signs will be monitored frequently for a few hours. When you have recovered from the procedure, you will be taken upstairs to your assigned room. This room will be where you spend the night. The amount of time you will spend in the hospital varies from person to person.

Before you are discharged, a nurse from Interventional Radiology will give you and your family instructions to care for your tube. A prescription will be given to you for dressing supplies. You can purchase supplies at your local pharmacy or medical supply store.

HOW LONG WILL I NEED THE NEPHROSTOMY CATHETER?

The answer depends upon the reason you needed the catheter.

- If you have a blockage of the ureter either from stones, infection, scar tissue or tumor, you will need the tube as long as the blockage is present.
- If you have a hole in the ureter, you will need the tube until the hole has healed.
- In preparation for surgery or another procedure on your kidney or ureter, you will need the tube for several days or months, depending upon the cause of the blockage.

Your doctors will discuss with you how long you are likely to need the tube. The doctor who sent you to get the tube will ultimately decide when it can be removed.

APPOINTMENTS

Your tube will need to be changed every 4-8 weeks (depending on your doctor's orders). The tube is changed in order to prevent infection and keep an open path from your kidney. An Interventional Radiology nurse will call you the day before your appointment to review instructions.

If you are unable to make your appointment or will be late, please let us know.

To prepare for your appointment:

- Please do not eat any solid foods 4 hours before your scheduled appointment.
- You may drink clear liquids (water, juice, coffee with no cream) up to 2 hours before your scheduled procedure.
- Take your medications as usual, **unless you are a diabetic:**
 - If you are diabetic: do not take any pills (Glucophage, Metformin) that control your blood sugar. If you take insulin that is not fast-acting (NPH, Lantus or Glargine): take only ½ of your regular dose. We will check your sugar before the procedure.
 - If you wear a machine (BiPap or C pap) to help you breath, bring the machine with you.

If you have other question about your nephrostomy catheter, write them down and call the UVa Interventional Radiology Department. One of the doctors or nurses will be happy to answer them for you.

Please call the following numbers:

Daytime: (7:00 a.m. - 5:00 p.m.)

Monday - Friday:

434-924-9401

Other times or on weekends and holidays:

434-924-9400.

Ask for the Interventional Radiology

Fellow on call

Toll Free Number:

1-800-251-3627.

Ask for the Interventional Radiology Department.

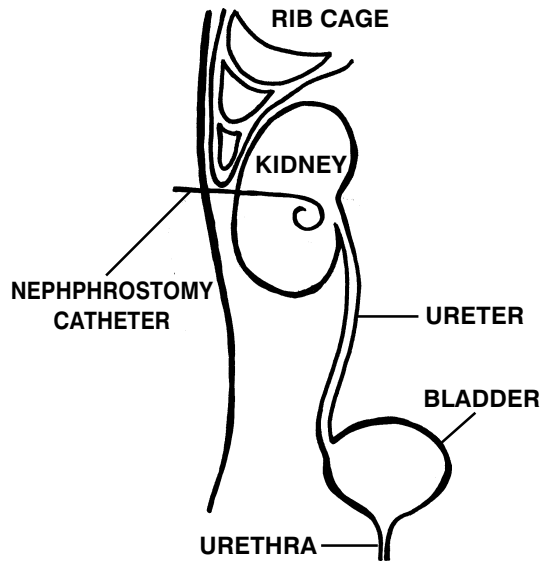
UVa

Nephrostomy Catheter Information

NEPHROSTOMY CATHETER INFORMATION

WHAT IS A NEPHROSTOMY CATHETER?

A nephrostomy catheter is a small plastic tube that is placed through your skin into your kidney to drain urine. If you have a kidney transplant the tube (catheter) will come out of your skin near your transplant scar. If you do not, it will come out of your back.



WHY DO I NEED A NEPHROSTOMY CATHETER?

- You may have a blockage of the ureter, the tube that carries urine from the kidney to the bladder.
- There may be a hole in the ureter or bladder, causing urine to leak.
- You may need to prepare for surgery or for some other procedure on your kidney, or ureter as removal of a large kidney stone.
- You may be having surgery or a procedure on your bladder.

HOW DO I PREPARE FOR THE PROCEDURE?

If you are already a patient in the hospital, your doctors and nurses will provide you with instructions.

If you are coming from home, plan on being admitted to the hospital after this procedure. A nurse from Interventional Radiology (IR) will call you the day before your procedure to review your medical information and review the following instructions:

- Eat no food within 4 hours of your appointment time. You may drink clear liquids (water, tea, coffee without cream, etc.) up to 2 hours before your scheduled appointment time.
- Bring all your medications with you the day of the procedure.
- Please arrange to have someone bring you to the hospital and drive you home when you are discharged.

If you are Diabetic: Please tell the nurse who will be calling.

- Do not take any of the pills that control your sugar the morning of your procedure
- If you take the diabetic medication Metformin, (trade names: Glucophage, Glumetza, Riomet, ACTOplus met, Avandamet) stop taking it two days before your procedure. Please consult with your physician about control of your glucose levels during this time before your procedure.
- Please bring any of these pills with you to your appointment.
- Do not take any fast acting insulin the morning of your procedure (Regular or Humalog).

- If you use another type of insulin (NPH, Lantus or Glargine) to control your sugar, take ½ of your normal morning dose.

If you have any allergies: Tell the nurse.

- If you are allergic to X-ray or contrast dye please let us know. We may need to call your pharmacy and arrange for you to have medication before arriving for your procedure.

If you have trouble breathing: Please let the nurse know.

- If you wear a machine at night (C-Pap or Bi-Pap) to help you breathe, bring the machine with you.
- During the procedure, you will be asked to lie on your stomach (unless you have a transplant). If you think this will be a problem please let us know.

WHAT WILL HAPPEN BEFORE THE PROCEDURE?

You will need to come to the Interventional Radiology (IR) Department. We are located on the first floor of the Main Hospital. You can get directions at the Information Desk in the hospital lobby. We are in the back of the Radiology Department. Someone in the lobby can assist you with a wheelchair, if needed.

1. When you arrive, you will be taken to a recovery room. You will be asked to remove all your clothing (including undergarments) and put on a hospital gown. You will be asked to remove all jewelry, including watches. If possible you should leave these items and any other valuables at home. You may be asked to remove your dentures and/or eyeglasses.

2. Two adult family members or friends are allowed to wait in the room with you. Any other family will be asked to wait in the waiting.
3. A nurse and a nurse practitioner or a doctor will talk with you about the procedure. They will explain the procedure, review your medical information and answer any questions. The nurse practitioner or doctor will ask you to sign a piece of paper giving your permission for us to perform the procedure.
4. We will start an IV to give you fluids, antibiotics, and other medications. We will draw blood if any lab or blood tests are needed.

WHAT WILL HAPPEN DURING THE PROCEDURE?

You will be taken to a procedure room. You will be asked to lay on the x-ray table on your stomach. If you have a transplanted kidney, you will be asked to lay on your back. You will be attached to a machine that will help us monitor your blood pressure, heart rate, and oxygen level.

A blue tinted soap called Chlorhexadine will be used to wash your skin where the tube will be inserted. Lidocaine (a medication similar to what the dentist uses to numb your mouth) will be injected to numb your skin and deeper tissues. It will sting and burn for a few seconds then become numb.

A nurse will be with you during the whole procedure. He or she will give you medications to help you relax and to decrease your pain. You should feel relaxed but, you will need to be awake enough to talk and follow commands.