

ADVICE FOR PARENTS/CARERS

NEPHROSTOMY TUBE CARE AT HOME

This information is intended to help you to care for your child when he/she is discharged home with a Nephrostomy Tube in position.

When your child's kidneys are working normally, urine goes from them into tubes called ureters, and then into the bladder. The urine is then passed out of the body by weeing.

If one of the ureters is blocked, for example by infection or a stone, the urine cannot drain away and this puts pressure on the kidney. This can cause the kidney not to work properly if the blockage is not treated in time.

Insertion of a Nephrostomy Tube is a procedure which drains urine from a kidney using a thin, plastic tube. The urine is collected in a drainage bag which needs to be emptied regularly.

The procedure is usually carried out in Theatre or the Radiology Department by the Surgeon or Radiologist.

Your child will be given a general anaesthetic so that they are asleep and cannot feel any pain. Your child may need to stay in hospital until the reasons for the blockage are investigated.

Once it is in place, this very fine tube will be fixed to your child's skin with tape, to stop it moving about too much, and a collecting bag will be attached to it.

The Nephrostomy Tube is inserted through a small incision (cut) in your child's side into the kidney. The catheter is held in place by a small stitch to the skin.

Your child may also be discharged home with antibiotics to prevent infection and pain relief for any discomfort.

The two most important aspects of care are;

- Maintain good urine drainage
- Prevent infection

The drainage system consists of the Nephrostomy Tube (thin, plastic tube) and a collecting bag. You will also need some tape and new collection bags. You will be given a supply of everything you need before you go home.

INSTRUCTIONS

- The catheter will remain in place until your child comes back to the ward to have it removed.
- Keep the catheter taped securely to your child's side so it does not 'drag', get twisted or tangled in clothing. Replace the tape if it becomes loose or dirty.
- Keep the tube as straight as possible - if it kinks, this will stop the urine flowing properly into the collecting bag.
- Keep the collection bag below the level of the kidney.
- Your child should avoid rough and tumble play which may cause damage to the tube.
- Unless restricted encourage your child to drink plenty of fluids - this will keep the urine flowing, reduce any discomfort and reduce the risk of an infection developing.

EMPTYING THE COLLECTION BAG

You will need to empty the collection bag at least four times a day:

- 1. Wash your hands before and after emptying
- 2. Stand or sit your child near the toilet
- 3. Use a 'mediswab' to clean the exit tap then open the valve at the bottom of the bag
- 4. Empty the bag into the toilet

- 5. Close the valve

CHANGING THE COLLECTION BAG

You should do this once a week, or if the bag becomes disconnected.

You will need: A new collection bag

1. Wash your hands before and after changing the bag
2. Bend the tube over to stop urine leaking
3. Remove the bag from the tube. There is a special valve at the top of the bag so it should not leak urine when you do this
4. Use a 'mediswab' to clean the tube end before connecting the new bag
5. Attach a new collecting bag
6. Straighten the tube

FOLLOW UP

An outreach nurse from the ward will telephone you the following day wherever possible to check your child is making a good recovery. If indicated a home visit can be arranged to monitor your child's progress. Please tell the nurse the best time to contact you before you leave the ward.

YOU SHOULD CALL YOUR GP OR THE WARD IF:

- Your child's urine becomes infected.
- signs of infection include urine darker than usual, smelly or cloudy, a high temperature, pain, vomiting or blood in the urine. Encourage your child to drink more fluids and call the hospital.
- If you notice any signs of redness, swelling, bleeding or pus at the tube entry site.
- Your child has a sudden bout of pain.
- Urine is not draining into the bag – the tube may need flushing
- The catheter falls out.

CONTACTS

If you have any worries or concerns please contact your GP or the ward your child was admitted to.

WARD 15 TELEPHONE NUMBER 0113 2065715