



**Urological Associates, P.C.**

of the Iowa and Illinois Quad-Cities Region

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## **Instructions for changing a Nephrostomy Tube Dressing**

Dressings can be changed 1-2 times a week or when soiled.

Supplies needed: 4x4 gauze pad, medical tape, clean washcloth, antiseptic soap (e.g. Dial)

You may sit up for dressing change or lay on the opposite side the nephrostomy tube, you will need someone to help change your dressings and clean the site.

Wash hands prior to removing soiled dressing.

Remove current dressing by gently removing the tape from the skin around the dressing. Use caution not to tug on the tube.

Assess site for redness, swelling, and painful to the touch. Make sure suture is still intact and not dislodged from the skin site.

Wash hands prior to washing site and applying a fresh dressing.

Wet a clean washcloth with warm water and apply antiseptic soap.

Wipe skin around the nephrostomy tube in a circular motion. Start at the entry site and move away from the tube. Make sure to wash away any debris around the site.

Rinse washcloth with warm water and wipe soap off of skin around tube.

Pat dry skin prior to placing new dressing.

Cut 4X4 gauze pad down the middle half way.

Place the gauze so it surrounds the nephrostomy tube and lays flat against the skin.

Tape the dressing in place with medical tape and make sure all edges of the dressing are securely taped on the skin.

## **General care of nephrostomy tubes**

Drain the bag routinely. 4-5 times daily or when the bag is half to two thirds full.

Change nephrostomy tube bags weekly.

Drink 1.5 to 2.5 liters of fluid daily unless you are on fluid restrictions.

Do not wear tight clothing over the tubing. Ensure the tubes do not become kink or twisted when changing clothing.

Place drainage bags below the levels of your kidneys to help prevent the urine from backing up.

When changing drainage bags clean end of nephrostomy tubes with alcohol wipes.

No swimming or baths while tubes are in place. You may shower after wrapping the end of the tube with plastic wrap.

## **When should I contact my doctor?**

The skin around the nephrostomy tube is red, swollen, itches, has a rash or painful to the touch.

Fever 100.5 or greater

Little or no drainage into the drainage bag.

Nausea or vomiting.

There is blood, pus, or a bad smell coming from the skin around the nephrostomy tube.

Back pain radiating around to the flank.