

## Discharge Instructions - Nephrostomy Tube Insertion

### You have received the following Anaesthetic that is checked ( )

- Local Anesthetic** - An injection of anesthesia (freezing) to numb a small area at the site of your biopsy/procedure. It is common to feel mild or temporary numbness or tingling around the site.
- IV Sedation** - Medications given through your intravenous to relax you and decrease anxiety while you are still awake. It is common to have trouble remembering what happened during your procedure, and/or feel tired for the rest of the day. You must return home with a responsible adult who will remain with you overnight. You should not take public transit after the procedure.  
**With IV sedation, do not drive, use machinery or power tools or make important legal or financial decisions for the next 24 hours.**

### Diet

There are no diet restrictions. Avoid alcohol for 24 hours. Drink plenty of fluids for the next 24 hours.

### Activity

Get plenty of rest for 24 hours after the procedure. Avoid any strenuous exercise, lifting objects weighing more than 5 pounds for 7 days, or activity that may dislodge the tube.

### Dressing

Keep your bandage dry. Replace the bandage as needed if it becomes soiled or wet. Empty the drainage bag as required. You may shower on the next day after your procedure ensuring the drain site is covered so it does not become wet. **Do NOT swim or use a hot tub while you have a tube inserted.**

### Medication

Avoid taking medication containing aspirin or blood thinners for 24 hours after your procedure unless otherwise directed. Take pain medication, as prescribed, or you may take Acetaminophen (Tylenol®) (if no allergy) 1 – 2 tablets every 4 – 6 hours as needed for pain, up to a maximum of 4,000 mg in 24 hours. You may take your next pain medication at: \_\_\_\_\_.

### Follow Up

If applicable, Home and Community services will contact you to set up home care services. Call (905) 762-4028 if you do not hear from them in 24 hours. If your tube is not draining, leaking urine around the tube, or if the tube falls out or moves significantly out of place, please call the **Diagnostic Imaging Day Unit (905) 472-7373 ext.1521** (Mon-Fri 8:00am-3:00pm), after hours go to the Emergency Department.

## CALL YOUR DOCTOR DURING OFFICE HOURS, OR GO TO THE NEAREST EMERGENCY DEPARTMENT OR CALL 911 IF YOU HAVE:

1. Fever over 38.5°C or 101.3°F, or shakes and chills
2. Increasing redness, tenderness, swelling, bleeding or bruising at the drain site or foul smell
3. Pain to the back/flank or abdomen that is not relieved by acetaminophen
4. Bright red blood draining into the drainage bag or clots (“pink tinged” fluid is ok)
5. Sudden onset of chest pain, shortness of breath, difficulty breathing, or heart rate over 100 bpm
6. Dizziness, light headedness or confusion, exhaustion, extreme weakness, sweating, pale/blue skin
7. Persistent nausea or vomiting

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