



Information for You from Your Health Care Team

Instructions for Care of your Nephrostomy Catheter

A nephrostomy catheter goes through your skin into your kidney to drain urine out of your body into a drainage bag. A nephrostomy catheter is used to drain urine from the kidney when the normal path can not be followed. Proper care of your nephrostomy catheter is important because you could develop an infection.

Care of your Skin:

You will need help with this because the catheter is usually on your back.

- The dressing to the insertion site is changed every other day for one week. Then it may be changed once per week or as needed.
- Wash your hands
- Remove old dressing
- Cleanse skin around the catheter gently using a cotton swab soaked with a solution of half hydrogen peroxide and half warm water. Pat dry.
- Check to see that the sutures or device anchoring the catheter to the skin is secure.
- Apply a dry 4 X 4 gauze and secure with tape or transparent dressing.

You may shower if you protect the dressing with plastic and replace the dressing if it should become damp. Do not soak in the bathtub.

Care of Your Catheter:

- Keep the urinary bag below the level of your kidney.
- Your doctor will usually replace the catheter every two to three months to prevent blockage, so be sure to keep your appointments.
- You may choose a small urinary bag secured to the leg during the day and a larger drainage bag at night.
 - Remember a smaller bag needs to be emptied more often.
 - Wash drainage bag once a week in a 1:1 vinegar and water solution. Rinse well with water and allow to dry.
- Drink plenty of liquids per day (2-3 liters) unless, for other medical reasons, you should restrict your fluid intake.
- Avoid any activity that causes a pulling sensation, pain around the catheter, or kinking in the catheter.

Notify your doctor if you have:

- Fever 101 or higher ;
- Nausea, vomiting or chills;
- Back pain;
- A decrease or absence of urine through the catheter;
- Unexpected leakage of urine from the catheter site;
- Swelling or increased pain around the catheter site;
- Leaking or dislodged catheter;
- Bleeding at the site or through the catheter;
- Any noted but unexpected change.

Speak Up if you have questions

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