

Having your Nephrostomy catheter changed

Department of Radiology

Information for Patients



Radiology Leaflet No. 102

University Hospitals of Leicester



NHS Trust

Caring at its best

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Introduction

This information leaflet tells you about having a change of your nephrostomy catheter. It explains what is involved and what the possible risks are.

Referral and consent

The Health Care Professional who referred you should have discussed the reasons for needing this procedure. You should make sure that you understand these reasons, the procedure itself, any risks involved and the success rates.

The Health Care Professional who will be performing the procedure will ask you to sign a consent form. When you sign this it means you have agreed to have the procedure done and that you understand why it is needed and what the possible risks are. You will have a copy of the consent form to take away.

If, after discussion with the member of staff performing the procedure, you do not want the procedure carried out, then you can decide against it. If you feel during the procedure that you do not want it to continue we will explain the consequences of not doing so, to help you fully decide. At all times the Health Care Professional will be acting in your best interests.

Why do I need a change of nephrostomy catheter and how long will I need it?

Your initial nephrostomy catheter was inserted to relieve the symptoms you were experiencing from the blockage to your ureter (this is the pipe that drains urine from your kidney to your bladder).

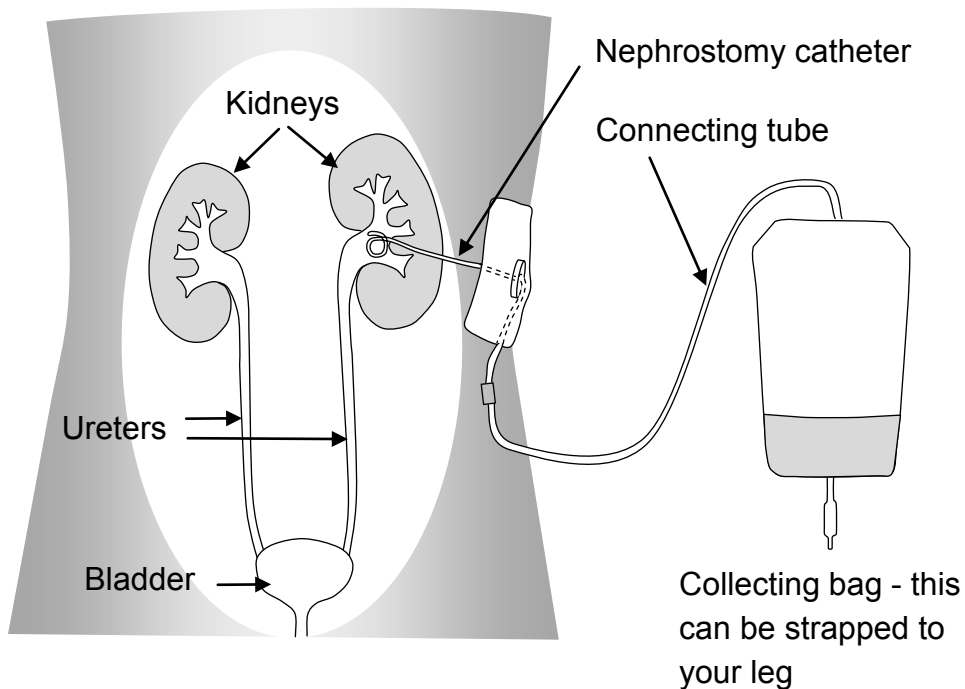
The nephrostomy catheter in your kidney may only be temporary and will only remain until a permanent solution to your condition can be found.

The catheter may only need to stay in for a short time, for example while a stone passes naturally. Sometimes nephrostomy catheters remain in place longer whilst a solution to the blockage is organised or if it is decided that the catheter is the best solution to your condition. The Doctors looking after you will be able to answer any questions you have relating to this.

If the nephrostomy catheter has to stay in place the hospital will arrange an appointment for you to have your catheter changed. This is because the catheter can become blocked over time. The change of catheter will help to keep the urine draining from your kidney into the collecting bag.

Usually a nephrostomy catheter should be changed every 12 weeks. Your District Nurse will continue to help you with your catheter and dressing care once you have had your catheter changed.

Diagram of nephrostomy tube in a kidney attached to a collecting bag



Important information

If you are taking any medication that thins the blood please tell the Health Care Professional who will be changing your nephrostomy catheter when you arrive in the Radiology Department. These drugs include Rivaroxaban, Warfarin, Clopidogrel (Plavix) or Heparin injections.

Please tell the member of staff doing the Change of nephrostomy catheter if:

- You have any allergies, in particular to iodine, antibiotics and skin antiseptics.
- You have previously reacted to an intravenous contrast medium (the dye used for kidney x-rays and CT scanning)
- You are diabetic.
- There is any possibility that you may be pregnant.

How do I prepare for the procedure?

- You may be able to come into hospital on the morning of your planned procedure and should be able to go home the same day.
- Do not eat for 4 hours before your appointment. Continue to drink water until one hour before the appointment time.
- You will be asked to put on a hospital gown and paper pants.
- A needle may be put into a vein in your arm so that you may be given an antibiotic. This helps prevent the spread of infection. Alternatively the medication can be given into a muscle in your thigh or buttock.
- You will given the opportunity before your procedure to discuss pain relief to reduce any discomfort.

What happens during the procedure?

The procedure is performed in the x-ray department. You will lie on the x-ray table, usually flat on your stomach, or nearly flat. Your blood pressure will be monitored regularly during the procedure. Everything will be kept sterile and the Health Care Professional performing the procedure will wear a theatre gown and sterile gloves. Your skin will be cleaned with antiseptic and you will have some of your body covered with sterile sheets.

The staff will use the x-ray equipment to change the catheter in your kidney. X-ray dye will be injected into the catheter to make sure it is still in your kidney. A thin flexible guide wire will be placed through the catheter into the kidney. This then allows the catheter to be removed safely and a new one positioned correctly.

You may be aware of the wire and catheter passing into the kidney. Sometimes this may be uncomfortable. There will be a nurse or another member of staff looking after you. If the procedure does become uncomfortable for you they will be able to arrange for you to have some painkillers.

Once the catheter is positioned in the kidney the catheter will be fixed to your skin by a dressing or a stoma bag and re-attached to a collecting bag.

Generally, placing the catheter in the kidney only takes a short time and once in place it should not hurt at all.

Who will be doing the procedure?

The Health Care Professional performing the procedure will be a Radiology Doctor or a Specialist Nurse or Specialist Radiographer. They will be assisted by nurses and a radiographer. There may also be a student in the room.

How long will the procedure take?

Every patient's situation is different. It is not always easy to know how complex or how straightforward the procedure will be. It may be over in 20 minutes, or very occasionally it may take longer than 45 minutes.

What happens after the procedure?

You will be taken back to Radiology day care recovery or to your ward. Nurses will carry out routine observations such as taking your pulse, blood pressure and temperature to make sure that there are no problems.

You will stay in bed for a short period after your procedure. The drainage tube stays in place attached to a collecting (drainage) bag. It is important that you take care of this. You should try not to make any sudden movements, for example getting up out of a chair without remembering the bag, and you should make sure that it can move freely with you.

The bag will need to be emptied regularly so that it does not become too heavy. The nursing staff will regularly measure the amount of urine in your bag. You can ask the nurses any questions that you have about your catheter tube.

As a guide, expect to be in day care recovery or your ward for up to 4 hours.

Do not drive yourself home.

Are there any risks or complications?

As with any procedure or operation complications are possible. We have included the most common risks and complications in this leaflet. The possibility of these complications occurring will vary for each patient and the possibility of these complications happening to you will be discussed with you before you sign the consent form.

Bleeding - There is a risk of bleeding from the kidney. It is not uncommon for some blood to appear in the urine. On rare occasions, this may become severe. This should start to clear within 24 to 48 hours. If it does not start to clear within 48 hours please phone the radiology department on the number you will be given. More scans or x-rays may be required to find out why. If this becomes severe you may require a blood transfusion or further treatment in the radiology department.

Infection - There is a risk of developing an infection. This can usually be treated with antibiotics.

Kidney damage - There is a risk of injury to the kidney or blood vessels in the kidney.

Occasionally it is not possible to remove the catheter from your kidney. It also may not be possible to put a new catheter in to the kidney. If this is the case your further treatment will be discussed with you at this time.

Despite these possible complications, the procedure is normally very safe. At all times during and after the procedure your responses to this treatment will be monitored in order to minimize the effects of any complications.

What if I need to talk to someone after the procedure?

If you have any problems or questions after the procedure please speak to the Nurses in Radiology day care recovery or to your ward Nurse.

When you go home you will be given a card which contains all hospital contact numbers for you to ring if you have any questions or problems.

You will also be given an aftercare leaflet for you and your district nurse explaining how to look after your nephrostomy and dressing.

Background radiation

The risk of having x-rays is very small indeed. We are all exposed to natural background radiation every day of our lives. This comes from the sun, food we eat and the ground. Each examination gives a dose on top of this natural background radiation. The risks of radiation are slightly higher for the unborn child so we must ask female patients aged 10 to 55 years about their menstrual history. The radiation from the x-rays during a change of catheter is equivalent to receiving approximately a few weeks of natural background radiation.

The benefits of this examination outweigh any potential risk and the risk from not having the examination could be greater. We will take all safeguards to minimise the amount of x-rays you receive.

Support for people with learning disabilities

There is support available in our hospitals for patients with learning disabilities. Please contact the learning disability specialist nursing team on (0116) 258 4382 telling them when the appointment is and what examination has been booked.

Other sources of information

Websites:

For general information about radiology departments visit the

Royal College of Radiologists website:

www.goingfora.com

For information about the effects of x-rays read the NRPB publication: 'X-rays how safe are they', on the **Health Protection**

Agency website: www.HPA.org.uk

Please note that the views expressed in these websites, do not necessarily reflect the views of UHL or the NHS.

University Hospitals of Leicester website:

www.leicestershospitals.nhs.uk

NHS Direct: For health advice or information you can call NHS on: 111.

Additional hospital information

How was it for you?

If you wish to make any comments or suggestions regarding your visit to the Radiology Department please fill in a suggestion form or speak to a member of staff. Suggestion forms are located in all waiting areas within the department.

University Hospitals of Leicester NHS Trust also has a Patient Information and Liaison Service (PILS), and you are welcome to contact them on:

Freephone: 08081 788337

email: pils.complaints.compliments@uhl-tr.nhs.uk

We review our information leaflets on a regular basis. If you have any comments about how we can improve these leaflets please speak to a member of staff.

Additional hospital information (continued)

Directions and parking

For information about getting to the hospital please see the hospitals website:

www.leicestershospitals.nhs.uk/patients/getting-to-hospital

Hospital car parking is available to all hospital patients and visitors. Spaces are limited so please allow plenty of time to find a car parking space. Parking charges are payable, please check tariff boards or the hospital website for full details. As well as the hourly rates there are a range of saver tickets available for patients and prime carers. Dedicated disabled parking bays are also available.

Marked disabled bays exist outside of the public car parks for which there is no charge. If you park in the car parks the fee will apply.

Drop off bays exist at the main entrances, these bays have a 20 minutes maximum stay.

Certain qualifying benefits as notified by the Department of Social Security entitle the patient to free or reduced parking. For more information contact the Cashiers office.

Bus services to the hospital

Our aim is to ensure that there are car parking spaces available for those who really need to use them. We encourage you to use public transport or walk to the hospital if you are fit and well.

For information on bus routes and times contact Traveline on 0871 200 2233. The hospital Hopper service runs from Monday to Friday, every 30 min from 06:30 hours until 18:00 hours and every hour from 18:00 hours until 21:00 hours. The Hopper stops at our three hospital sites, as well as other key locations such as Leicester train station, Beaumont Leys centre and Hamilton centre and also St Nicholas circle.

www.leicestershospitals.nhs.uk/patients/getting-to-hospital/bus-travel/hospital-hopper-bus/

Additional hospital information (continued)

Relatives and escorts

You may wish to bring a friend or relative to accompany you to and from the Radiology Department when you have your examination although they may not always be allowed into the examination room. This may be useful if you do not understand English very well or if you have any special needs.

Children

Baby changing facilities are available. Please ask to be shown to them if you wish to use them.

We are unable to offer childcare facilities. If you need to bring your children with you, please bring along an adult who can supervise them whilst your examination is being carried out. Radiology staff are not able to supervise your children.

Facilities available:

Refreshments: Refreshments including hot and cold drinks are available in the hospital. Please ask a member of staff for directions.

Shops: Each hospital contains a shop selling magazines, newspapers, sweets and drinks. Please ask a member of staff for directions.

This leaflet has been produced with reference to guidelines from the Royal College of Radiologists.



Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

If you would like this information in another language or format, please contact the service equality manager on 0116 250 2959

إذا كنت ترغب في الحصول على هذه المعلومات في شكل أول لغة أخرى ، يرجى الاتصال مع مدير الخدمة للمساواة في 0116 250 2959.

আপনি যদি এই লিফলেটের অনুবাদ - লিখিত বা অডিও টেপ'এ চান, তাহলে অনুগ্রহ করে সার্ভিস ইকুয়ালিটি ম্যানেজার ডেভ বেকার'এর সাথে 0116 250 2959 নাম্বারে যোগাযোগ করুন।

如果您想用另一种语言或格式来显示本资讯，请致电 0116 250 2959 联系“服务平等化经理” (Service Equality Manager)。

જો તમને આ પત્રકાનું લેખિત અથવા ટેપ ઉપર ભાષાંતર જોઈતું હોય તો મહેરબાની કરી સર્વિસ ઇક્વાલિટી મેનેજરનો 0116 250 2959 ઉપર સંપર્ક કરો.

यदि आप को इस लीफलेट का लिखती या टेप पर अनुवाद चाहिए तो कृपया डेव बेकर, सर्विस इक्वालिटी मैनेजर से 0116 250 2959 पर सम्पर्क कीजिए।

Jeżeli chcieliby Państwo otrzymać niniejsze informacje w tłumaczeniu na inny język lub w innym formacie, prosimy skontaktować się z Menedżerem ds. równości w dostępie do usług (Service Equality Manager) pod numerem telefonu 0116 250 2959.

નેકર તુઠાનું ઇસ લીફલેટ ડા લિખતી નાં ટેપ કીઝા અનુવાદ રાખીદા હેલ્દે ઝાં કિરપા કરલ્હે ડ્રેઇઝ બેકર, સર્વિસ ઇક્વાલિટી મેનેજર નાઇ 0116 250 2959 'ઝે સંપર્ક કરો.

Ak by ste chceli dostat túto informáciu v inom jazyku, alebo formáte, kontaktujte prosím manažéra rovnosti služieb na tel. číslo 0116 250 2959.

Haddaad rabto warqadan oo turjuman oo ku duuban cajalad ama qoraal ah fadlan la xirii, Maamulaha Adeegga Sinaanta 0116 250 2959.