



Patient & Family Guide  
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# Percutaneous Nephrolithotomy

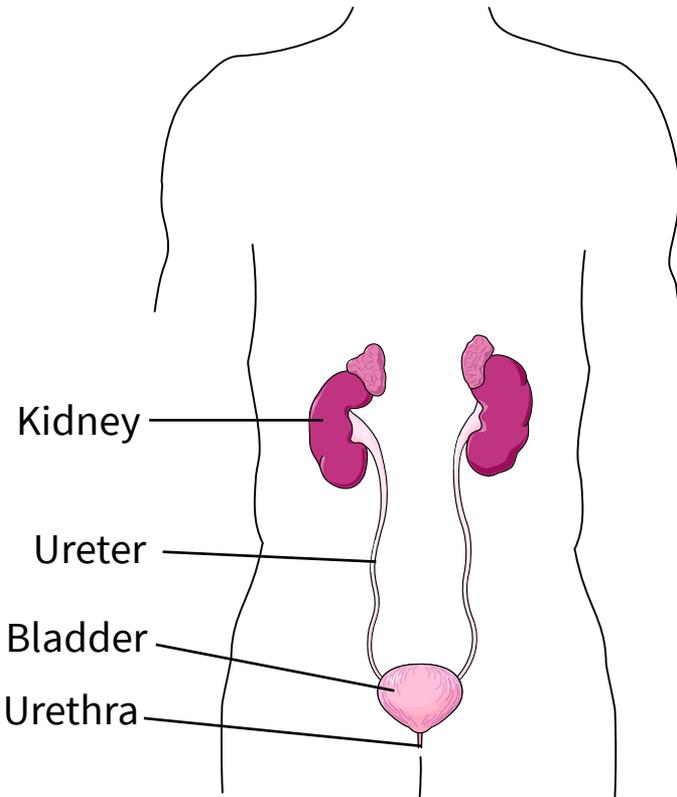


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# Percutaneous Nephrolithotomy

You have a large stone in your kidney. Your doctor has recommended percutaneous nephrolithotomy to treat your stone.

Your hospital stay will be approximately 2 days. This pamphlet is to help you learn about your surgery and care at home.



## Day of surgery

- You will be taken to the Operating Room (OR).
- After you have been put to sleep, you will have a cystoscopy (a narrow tube called a cystoscope will be used to see the inside of your bladder and urethra).
- A ureteral stent (a hollow, thin tube that goes in your ureter) will be placed on the affected side. (See the pamphlet, *After Stent Insertion*.) The stent is used to hold the ureter open, prevent swelling and blockage from stone fragments, and help the doctor place a tube into your back to treat the stone.
- The doctor will then place a needle into your kidney to allow the placement of a hollow tube that will go through your back and into your kidney.
- Your doctor will use a special instrument that will allow him or her to view the inside of your kidney through the hollow tube. Your doctor will then be able to remove or crush your kidney stone. The doctor will remove as much of the stone as possible. Everything is done through the tube, so you will not have a big incision (cut). You will only have a small cut the size of the tube. This makes your recovery easier.

- At the end of your surgery, your doctor will place either a ureteric stent (a soft tube placed in a ureter) or a nephrostomy tube (a tube inserted through your side directly into the kidney) to help your kidney drain and heal.
- When your doctor is finished, you will be moved to the recovery area. Once your condition in the recovery area is stable, you will be moved to your hospital room.

## **After surgery**

- You will have an intravenous fluid (IV fluid) running until you are eating and drinking well.
- Antibiotics may be given through the IV for a day or so.
- The nephrostomy tube will drain urine (pee). It will stay open until your doctor feels it should be clamped (closed off).
- If you have a nephrostomy tube, you will be able to pee normally because your other kidney will still drain into your bladder. If you have a urinary stent, it will keep your bladder empty until it is taken out.
- You will have a bandage around the nephrostomy tube in your side. If the bandage gets wet, let your nurse know. It is common to have some leakage around the tube. If it leaks a lot, the nurse may put a plastic pouch over the area to collect the drainage.

- If you have a stent, the urine from both kidneys will drain into your bladder. There will be a bandage covering where the surgery was done. If the bandage gets wet, let your nurse know.
- We encourage patients to get up and walk as soon as possible. Talk with your nurse first, as you may need help the first time you get up.
- Let your nurse know when you need pain medication or medication for an upset stomach.
- It is normal to have blood in your pee for a few days.

**If you have a nephrostomy tube:**

- › The doctor will decide when to clamp the tube. Your nurse will monitor the amount of fluids you take in and the amount of pee you make, until they are sure that your kidney is draining properly.
- › If you do well with the tube clamped for several hours, the doctor will remove it or you will go home with the tube in. This will depend on what your doctor feels is best.
- › If you don't do well with the tube clamped, it will be re-opened to drain into a collection bag. You will then go home with the tube in place. You will have it taken out by the urologist at an arranged

appointment and VON (a nurse who will visit you at home) will be arranged to change the bandage.

- If you only have the stent, you will not need VON.
- If you have a stent in, there may be a string coming out of your urethra (see diagram on page 1). **Try to make sure it doesn't get pulled on or the stent may come out too early.**
- You are now ready to go home. Before leaving the hospital you will be given a follow up appointment to see your doctor.

## **Follow up Urology Clinic appointment**

- The doctor will see you in the Urology Clinic to remove the stent. If you have a string on the stent, the doctor will remove the stent by pulling on the string. If there is no string, the doctor will do a cystoscopy in the Clinic to remove the stent (see *Cystoscopy* pamphlet). This does not require anesthesia.
- The doctor will order an X-ray or sometimes a CT Scan or ultrasound before removing the stent or nephrostomy tube. If you are having an X-ray on the same day as your appointment, please come early as you will need the X-ray before seeing the doctor.

## **At home**

- You will need a bandage over the area on your side where the tube was until it heals completely. This usually takes a few days. You may notice leakage. Your nurse will teach you how to change the bandage if needed.
- Drink lots of fluids.

### **Call your doctor if you have:**

- › Fever and/or chills
- › Pain
- › Blood in your urine
- › Cloudy and/or bad-smelling urine

**If you need to see a doctor, please contact your family doctor or go to the nearest Emergency Department unless otherwise instructed by your Urologist.**

**If you have any questions, please ask.  
We are here to help you.**

