

# Percutaneous Nephrolithotomy

Urologist: \_\_\_\_\_

Clinic phone: \_\_\_\_\_

# Percutaneous Nephrolithotomy

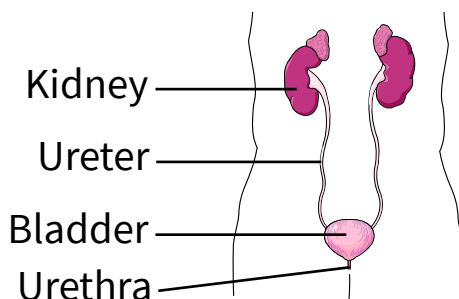
- You have a large stone in your kidney. Your urologist (urinary tract specialist) has recommended a percutaneous nephrolithotomy to treat your stone.
- You will stay in the hospital for 1 to 2 days.
- This pamphlet will help you learn about your surgery and care after you leave the hospital.

## Day of surgery

- You will be taken to the Operating Room (O.R.).
- **You will be asleep during the procedure.**
- We will use general anesthetic (freezing) so that you will not have any pain.
- Your urologist will use a cystoscope to look inside your urethra (where urine [pee] comes out) and bladder.
- The urologist will then insert (put) a needle through your back into your kidney. They will use the needle to insert a hollow tube into your kidney.
- They will then use a special instrument that lets them see the inside of your kidney through the hollow tube. They will then be able to remove or crush your kidney stone.

- They will remove as much of the stone as they can. Everything is done through the tube, so you will not have a big incision (cut). Having a small incision will make your recovery easier.
  - At the end of your surgery, your urologist will put a:
    - › Ureteric stent: A soft tube placed in your ureter (tube that carries urine).
- or**
- › Nephrostomy tube: A tube inserted through your side directly into your kidney.

This will help your kidney drain and heal.



## After surgery

- You will have an intravenous (I.V.) until you are eating and drinking well.
- You may be given antibiotics through the I.V. or by mouth.
- **If you have a nephrostomy tube** in your side, it will drain urine. It will stay open until your urologist feels it should be clamped (closed off).

- You will have a bandage around the nephrostomy tube. **If the bandage gets wet, tell your nurse.**
  - › It is common to have some leaking around the tube. If it leaks a lot, the nurse may put a plastic pouch over the area to collect the drainage.
- You will have a Foley catheter to drain your bladder. A Foley catheter is a soft, plastic or rubber tube left in the bladder to drain urine. This is usually taken out the morning after your surgery.
- You may have another tube, called a stent, placed to drain urine from both kidneys into your bladder.
- There will be a bandage covering the area where the surgery was done. **If the bandage gets wet, tell your nurse.**
- **Before you get up for the first time after surgery, ring your call bell so that your nurse can help you.** You can get out of bed and walk as soon as you can.
- Tell your nurse if you have any pain or nausea (upset stomach). They can give you medication(s).
- It is common to have blood in your urine for a few days after surgery or while you have a stent.

## **If you have a nephrostomy tube:**

- Your urologist will decide when to clamp the tube.
  - › Your nurse will monitor the amount of fluids you take in and the amount of urine you make, until they are sure that your kidney is draining well.
- If you do well with the tube clamped for several hours, your urologist or a resident (doctor in training) will take it out, or you will leave the hospital with it still in. Your urologist will decide what is best for you.
- If you do not do well with the tube clamped, it will be re-opened and you will leave the hospital with it still in.
  - › A VON (home care) nurse will visit you to change the bandage.
  - › Your urologist will take the tube out at a follow-up appointment.
- **If your tube is clamped, tell your nurse if you have any of these symptoms:**
  - › Severe (very bad) pain (this could mean that your urine is not draining into your bladder)
  - › Leaking around the tube
  - › Chills
  - › Fever (temperature above 38 °C or 100.4 °F)

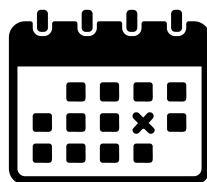
They may need to re-open the tube.

## **If you only have a stent:**

- You will not need a visit from a VON nurse.
- There may be a string coming out of your urethra. Make sure it does not get pulled on or the stent may come out.

## **Follow-up appointment**

- Before leaving the hospital, you will get a follow-up appointment to see your urologist.
- If you have a stent, your urologist will see you in the Urology Clinic to remove it.
  - › If the stent has a string, your urologist will remove the stent by pulling on the string.
  - › If the stent does not have a string, your urologist will do a cystoscopy to remove the stent. You will not need to be put to sleep for this procedure.
- Your urologist may order an X-ray, a CT scan, or an ultrasound before removing the stent or nephrostomy tube.
  - › You will need to have these tests before your follow-up appointment.



## **After you leave the hospital**

### **If you have a nephrostomy tube:**

- Once the tube is removed, you will need a bandage on the area until it is fully healed. This usually takes a few days.
  - › You may see leakage. Your nurse will teach you how to change the bandage, if needed.
- Drink lots of fluids.

**Call your primary health care provider (family doctor or nurse practitioner) or surgeon if you have:**

- › Fever (temperature above 38 °C or 100.4 °F)
- › Chills
- › Pain
- › Blood in your urine after your stent is taken out
- › Cloudy and/or bad-smelling urine

**If you cannot reach your primary health care provider or surgeon, go to the nearest Emergency Department right away.**

# Notes:

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This pamphlet is for educational purposes only. It is not intended to replace the advice or professional judgment of a health care provider. The information may not apply to all situations. If you have any questions, please ask your health care provider.

Find all patient education resources here:  
[www.nshealth.ca/patient-education-resources](http://www.nshealth.ca/patient-education-resources)

Connect with a registered nurse in Nova Scotia any time:  
Call 811 or visit: <https://811.novascotia.ca>

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