

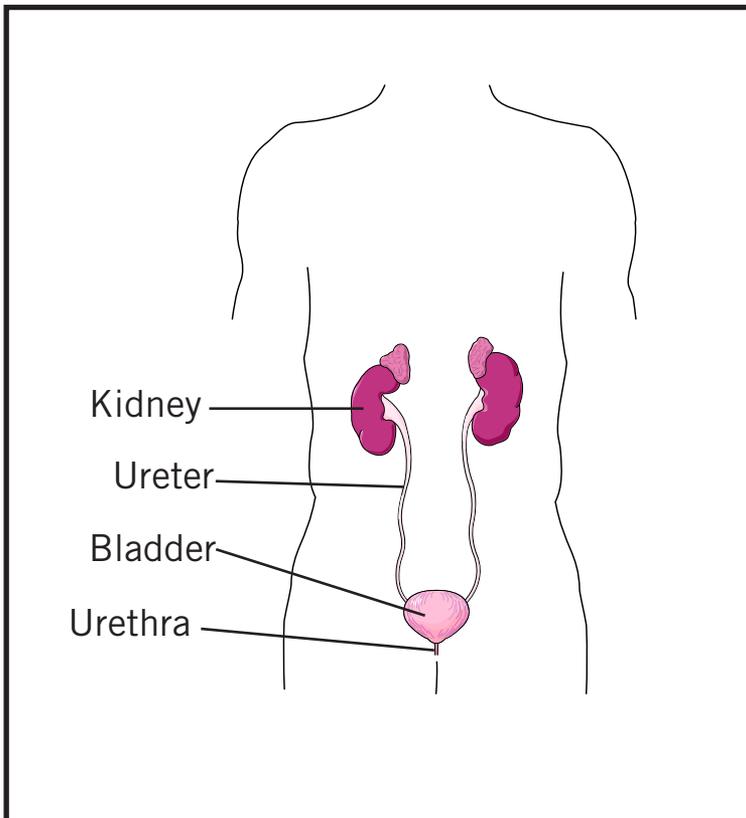
2014

3 Step Percutaneous Nephrolithotomy

3 Step Percutaneous Nephrolithotomy

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

This is done in 3 steps. You will be in the hospital for about 2-3 days. We have written this pamphlet to help you learn about your surgery and care at home.



Day of the procedure

Step 1

- You will be taken to the Operating Room (OR).
- After you have been put to sleep, you will have a cystoscopy (scope is used to see the inside of your bladder and urethra).
- A ureteral catheter (stent) will be placed on the affected side. This is a hollow, thin tube that goes in your ureter. (See the pamphlet *After Stent Insertion*.) The catheter is used to hold the ureter open, to prevent swelling and blockage from stone fragments, and to make it easier to insert (put in) another tube that you need in Step 2.
- This procedure only takes about 30 minutes. You will then be taken to the recovery area where you will stay until you are fully awake and your vital signs are stable. Next, you will be taken to your hospital room to wait for Step 2, or proceed directly to the Vascular Unit for Step 2.
- **You cannot eat or drink.**

Step 2

- Interventional Radiology is your next stop. A small flexible tube will be placed through your side into your kidney using some freezing. (See the pamphlet *Nephrostomy Tube*.) This nephrostomy tube drains urine out of your kidney. This tube will be used as an access point for the last step.
- You will be awake, but you will be given something through your intravenous (IV) to help you relax.
- After this procedure (about 30 minutes), you will go back to your hospital room and wait for the last step.
- **You still cannot eat or drink and you will be on bed rest until the next step of your procedure.**

Step 3

- The final step will be done in the OR. You will be put to sleep again.
- Your doctor uses a special instrument to look inside your kidney through the nephrostomy tube. He/she is then able to remove or crush your kidney stone. The doctor removes as much as he/she can. Because everything is done through the tube, you will not need an incision (cut). This makes your recovery much faster and easier.
- When your doctor is finished, you will go back to the recovery area. When you are ready, you will be taken to your hospital room.
- **Now you will be able to eat and drink** as told by your nurse.

After surgery

- You will have your IV until you are eating and drinking well.
- Medication will be given through the IV for a day or so.
- The nephrostomy tube that comes out of your side will drain urine (pee). It will stay open until your doctor feels it should be clamped (closed off).
- You will be able to pee normally because the other kidney will still drain into your bladder. If you have a urinary catheter, it will keep your bladder empty until it is taken out.
- You will have a bandage around the tube in your side. If it 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 want to get up and move around, talk with your nurse first so that there is someone there to help you if you need it.

- Ask your nurse if you need medication for pain or a “sick stomach”.
- The next day you will probably have an X-ray to check for any stone pieces that were left behind.
- It is normal to have blood in your urine for a few days.
- When the doctor decides it is time to clamp the nephrostomy tube, your nurses will check the amount of fluids you have had and the amount of pee you have had until they are sure your kidney is draining well. If you do well with the tube clamped for several hours, the doctor will take it out.
- If you do not do well with the tube clamped, you may have to stay another day in the hospital or go home with the tube in. If you go home with the tube in, you will have it taken out by the urologist at an arranged appointment and VON will be arranged (a nurse will visit you at home) to change the bandage.
- You are now ready to go home.

At home

- You will be given a follow up appointment to see your doctor.
- 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 at this time. 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.

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

*Capital Health promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

Capital Health, Nova Scotia
www.cdha.nshealth.ca

Prepared by: Urology Nursing Education Committee, QEII, Halifax

Revised by: Urology Practice Council

Illustration by: LifeART Super Anatomy 1 Images, Copyright © 1994, TechPool Studios Corp. USA

Designed by: Capital Health Library Services, Patient Education Team

Printed by: Dalhousie University Print Centre

The information in this brochure is provided for informational and educational purposes only.
The information is not intended to be and does not constitute healthcare or medical advice.
If you have any questions, please ask your healthcare provider.