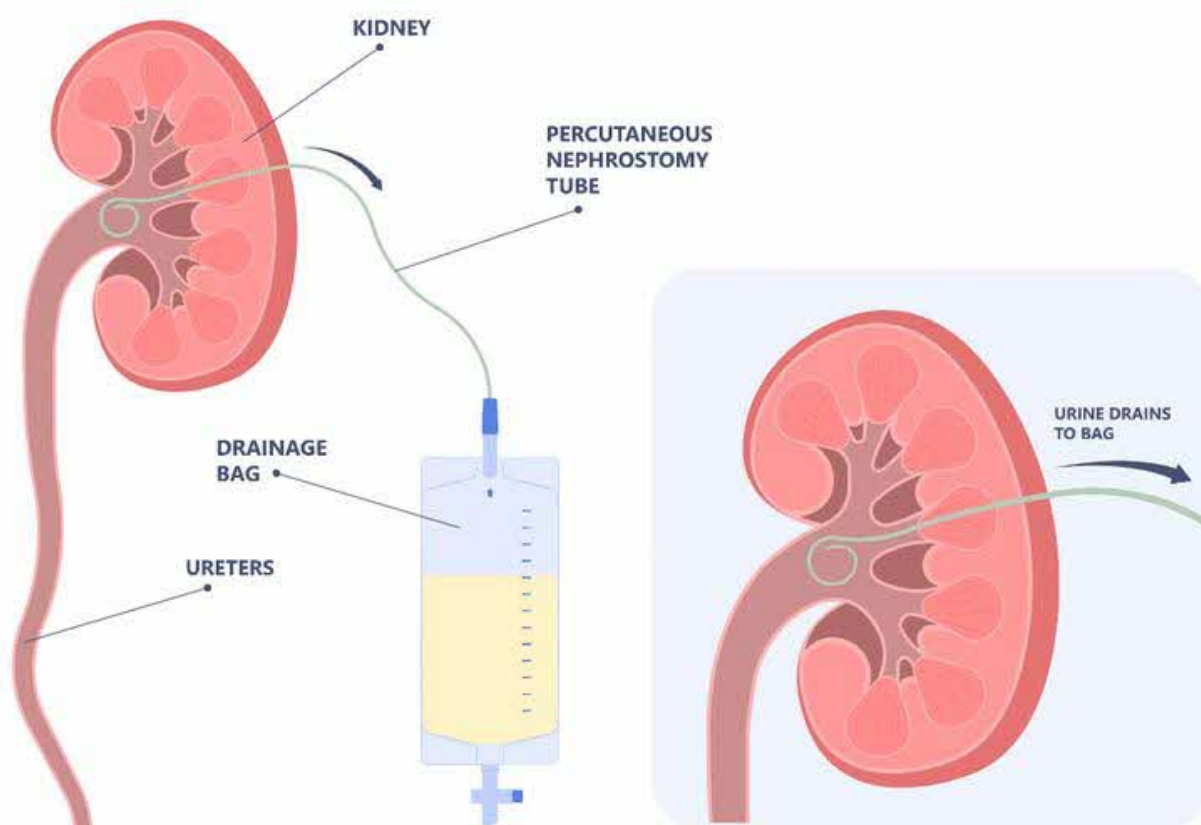


A Guide for Patients and Families

Care of Percutaneous Nephrostomy (PCN) Tube

Overview

A Percutaneous Nephrostomy (PCN) tube is a small tube that is inserted into your kidney(s) to drain urine out of the body. The tube is placed at the back of your body, at either the left or right side, to relieve any obstruction caused by the urinary system.





Care of PCN tube

A nephrostomy bag will be attached to your back to collect the urine drainage from the PCN tube.

- Keep the nephrostomy bag lower than your kidney to allow urine to flow well.
- Empty the nephrostomy bag when it is half-filled or once every two to three hours.
- Connect the nephrostomy bag to a 2-litre urine bag when sleeping (a larger capacity bag enables you to sleep well throughout the night). Disconnect the urine bag in the morning. Wash it with soap and water and keep aside.
- You may move about and continue working/exercising/socialising with your nephrostomy bag.
- It is easily hidden under your shirt during the day.



- You can shower normally as the nephrostomy bag is waterproof.
- It is not necessary to cover it with plastic. Towel dry the bag immediately after showering.



- It is important to drink adequate fluids of approximately 1.5 to 2 litres a day to reduce urine infection and minimize blockage of the tubing.
- Ask your doctor how much you should drink if you have been instructed to restrict your fluid intake per day.

How often should the PCN bag be drained?

Wash your hands first and empty the nephrostomy bag when it is half-filled or once every two or three hours.



How often should the PCN bag be changed?

As the PCN bag is attached to your back, changing it requires help from a caregiver. The nephrostomy bag should be changed once every 7 to 10 days or earlier when there is leakage.

Your nurse will assess and recommend a suitable nephrostomy bag as there are a few brands available on the market.

Please contact your attending clinic during office hours or proceed to the Emergency Department after office hours if you have the following:

- Dislodgement of the PCN tube (do not reinsert the PCN tube by yourself).
- High fever.
- Cloudy urine, foul smelling or heavily blood-stained urine.
- Urine leakage around the catheter causing the dressing to be wet.
- Low or no urine output in the nephrostomy bag for 2 hours.
- Pain at the lower back and/or sides.
- Redness, swelling, tenderness or discharges around the tube.
- Skin becomes raw, irritated or develops a rash and it may cause pain or discomfort.