

# Caring for your nephrostomy tube and pouch

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Information for Patients

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## Introduction

- The hospital will arrange for a District Nurse to visit you after you have been discharged home.
- You will be given a dressing pack, replacement pouch and skin care products for your District Nurse to do your first pouch change at home.
- When you are at home the District Nurse will advise and help you with your nephrostomy tube and changing the pouch.
- Telephone numbers are at the end of this information sheet in case you get any problems or have any questions.

## How to look after the pouch over your nephrostomy tube

- Your pouch will need to be changed at least once a week.
- You may need more pouch changes during the week and this will depend on your own specific pouch care needs.
- The pouch is waterproof which means you can bath or shower as usual.

## Having a collection bag attached to your pouch

- A leg or night collection bag can be attached directly to the pouch.
- The night bag and leg bag can both be used for 7 days and flushed with tap water in between each use.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How will I get more pouches and supplies?

You have been given enough supplies for 2 weeks (2 to 4 pouch changes). The supplies include products that help to protect your skin, help the pouch stick to your skin, and help to avoid any potential problems.

A Stoma Care Nurse will order your next 2 months supply. Before you leave hospital a Stoma Care Nurse will visit you on the ward to give you written information and tell you about how you will get further supplies when you need them.

## Things to look out for and how to get help

It is important to get immediate advice or help if you get any of the following problems:

- **The pee (urine) in the collecting pouch becomes cloudy or smelly.** This might mean that you have an infection. If this happens contact your GP urgently.
- **The 'skin' around the nephrostomy tube becomes red and painful.** This might mean that you have an infection under your skin. You must call your District Nurse team or Practice nurse and ask for an assessment of your skin
- **Your pee (urine) is leaking out of the pouch because the pouch will not stick to the skin.** You must call your District Nurse team or Practice nurse and ask for an assessment of your skin and pouch
- **The nephrostomy tube stops draining urine OR you get pain around the kidney area OR the pee in the collecting pouch becomes pink to red in colour, you must call the hospital on one of the following numbers:**

**Monday to Friday between 10am and 6pm** call ward 29 'Triage' at Leicester General Hospital on 0116 258 8293.

**Monday to Friday between 6pm and 10am and at all times on Saturday and Sunday until 10am Monday morning (evenings, night-time and weekends)** call ward 29 at Leicester General Hospital on 0116 258 4247.

## Other things to remember

Your nephrostomy tube and pouch should not stop you from carrying out your normal daily activities. However, you should avoid any activity that stretches the area around the nephrostomy tube site.

There are no restrictions on what you can eat or drink. You are advised to drink plenty of fluids to help keep the kidneys flushed.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)