

How to clean the nephrostomy site

1. Explain the procedure to the patient and obtain consent.
2. Ensure the patient's privacy and comfort.
3. Perform five moments of hand hygiene.
4. Gather equipment: a dressing set, antiseptic solution, 0.9% normal saline, transparent adhesive dressing, 2cm wide adhesive tape.
5. Perform hand hygiene.
6. Don appropriate personal protective equipment (PPE) in accordance with your organisation's policies and procedures.
7. Check the proximal part of the nephrostomy tube or drainage tubing is secured well to prevent incidental tugging on removal of soiled dressing.
8. Slowly and carefully remove existing dressings without pulling the tube causing displacement or injury.
9. Inspect insertion site and surrounding skin for abnormalities.
10. Gently clean and remove any dried crust on drain site, nephrostomy tube and surrounding skin with antiseptic solution and sterile saline solution.
11. Dry insertion site, tube and surrounding skin thoroughly.
12. Apply skin protective wipe (e.g. Comfeel wafer) if indicated.
13. Cover the drain site with a transparent waterproof dressing and change the drain adhesive device to align drainage tubing.
14. Document procedural outcomes, reinforce patient education and date for dressing renewal.

Alert!

- Ensure pigtail nephrostomy tube is not bent or kinked at the insertion site, restricting free flow of urine or causing skin irritation or pressure injury.
- Wide-bore Foley catheter or Malecot catheter may be secured with an anchoring stitch. Effective catheter and tubing support is essential to reduce pain, skin irritation and inflammation.

References

1. Ritz VG, Speroni KG, Walbridge D. Reducing Complications and Hospitalizations Through an Innovative Catheter Care Clinic for Percutaneous Nephrostomy Catheter Patients. J of Radiol Nurs. 2016;35(4):275-80. DOI: 10.1016/j.jradnu.2016.09.006

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