

# Texas Children's Hospital

## *Caring for Your Child's Health*

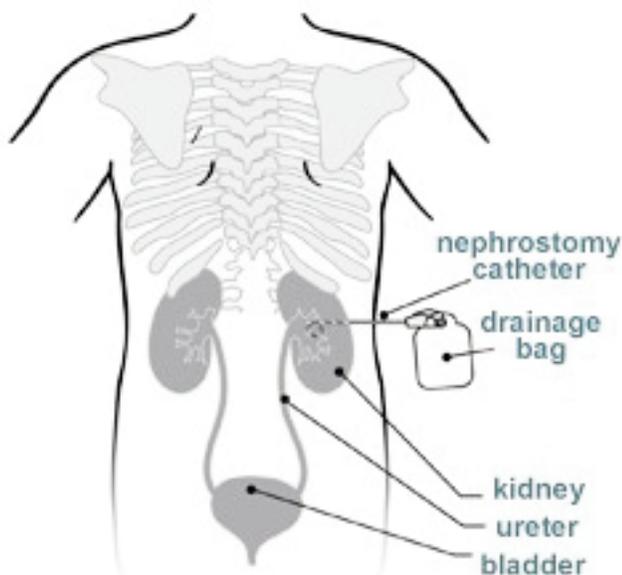
### Percutaneous Nephrostomy

Patient must arrive an hour and a half before the procedure to check in at the Radiology waiting area. This is on the first floor, in the **West Tower at Main Campus** or second floor at **West Campus**. Call 832-824-5565 (Main Campus) or 832-227-1207 (West Campus) with any questions. Call our scheduling department at the numbers above if you need to reschedule your appointment.

Your child will remain in the IR Procedures Suite for a minimum of one hour. Children having a nephrostomy will need medicine to make them drowsy. Prepare your child by following the guidelines for eating and drinking.

**Procedure:** Urine is produced in the kidney and flows down a small tube called the ureter into the bladder. Sometimes the flow of urine is blocked due to stones, infection, congenital abnormalities or trauma. To restore the flow, a small catheter (tube) can be placed through the skin of the lower back into the kidney. Urine will then drain into a small bag. A nephrostomy tube may be in place for days, weeks or months.

Nephrostomy (back view)



#### Getting ready for the procedure

##### Guidelines for eating and drinking

Up until eight hours before the procedure, your child may have these items: Any type of food

Up to six hours before the procedure, your child may have these items:

- A light meal
- Milk-skim milk only
- Infant formula
- Clear liquids

A light meal generally consists of toast or plain crackers and fruit juice, without the pulp. Clear liquids include water, oral electrolyte solution, apple juice, gelatin and carbonated lemon and lime beverages. Please do not give your child any drinks that contain caffeine, such as cola drinks.

Up until four hours before the procedure, your child may have these items:

- Breast milk
- Clear liquids

Up until two hours before the procedure, your child may have these items:

- Water or Pedialyte
- Apple Juice
- Gatorade

All children having this procedure receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medicine.

## Helpful hints

Let your child choose something to bring. Holding a favorite toy or blanket sometimes helps a young child to sleep. Using a ipod/pad often helps an older child. Please remove any nail polish before coming. It's best to leave other children at home.

## Talking with your child

Children are less anxious and cooperate better when they know what to expect. Talk with your child about what he or she will see, hear, and feel before and after the procedure.

Ask your child questions to be sure that he or she understands what you have said. Let your child ask questions. Don't be afraid to answer the questions honestly. Most important, reassure your child that he or she will not be alone.

## What your child can expect during procedure

All children having this test receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medication.

A staff person from the hospital will call you a few days before the procedure with preparation instructions that will include dietary restriction necessary for sedation or anesthesia. It is very important that you follow all of these instructions, or the procedure may need to be rescheduled.

## Before the procedure

Your child will put on a hospital gown. Wearing underwear during the procedure is okay. The nurse will weigh your child and take his or her blood pressure and temperature. Heart monitor patches are applied to his or her chest. A pulse oximeter will be taped onto your child's finger. The pulse oximeter looks a lot like a band aid. It uses a red light to check how well your child is breathing. It is painless.

The nurse starts an IV for the sedative medicine. After the interventional radiologist explains what will happen, you will sign a consent for the procedure.

## During the procedure

When the doctor gives the medicine to make your child drowsy, the nurse will escort you to the waiting room.

Using ultrasound, the interventional radiologist will locate the kidney and insert a special hollow needle through the skin into the kidney. Using live X-ray (fluoroscopy) for guidance, the doctor will guide a small catheter into the kidney. The portion of the catheter on the outside of the skin will be connected to a drainage bag.

A small stitch (suture) and/or an adhesive clip will hold the catheter in place on the surface of the skin.

## After the procedure

- Your child will be transferred to the recovery room where you may join him or her. A nurse will watch your child closely and check the area for possible bleeding.
- Once your child is awake, he or she may drink clear liquids in the recovery area.
- You may be admitted after procedure for observation.

## Finding out the results

The interventional radiologist will speak with you about the procedure.

## Interventional Radiology (IR)

### Main Campus

6621 Fannin Street  
Houston, TX 77030  
West Tower Level 1  
832-824-5565  
8 a.m. to 4 p.m.  
Monday to Friday

### West Campus

18200 Katy Freeway  
Houston, TX 77094  
Second Floor, Suite WB.0215.60  
832-827-1207  
8 a.m. to 4 p.m.  
Monday to Friday

## Notes and questions



**Texas Children's  
Hospital**

*Developed by Texas Children's  
Interventional Radiology.*

© 2017 Texas Children's Hospital All rights reserved.  
1919 S. Braeswood, suite 6226 Houston, Texas 77030  
1954:4/17