

**UROLOCARE HOSPITALS**

(Pty) Ltd. Reg. No/nr. 2001/005764/07

PEROUTANEOUS NEPHROLITHOTAMY

What to expect at home

1. Use pain medication as prescribed
2. Drink plenty of liquids (2 to 3 litres) every day
3. Avoid any activity that causes a pulling sensation, pain around the catheter, or kinking in the catheter. Do NOT swim when you have this catheter
4. Your doctor will recommend you take sponge baths so that your dressing stays dry. You may take a shower if you wrap the dressing with plastic wrap and replace the dressing if it gets damp. Do NOT soak in a bathtub or hot tub.

Self-care

1. Always wash your hands well with soap and water before you remove the old dressing. Wash them again before you put the new dressing on
2. Be careful when you take off the old dressing
3. Do not pull on the drainage catheter
4. Check to see that the sutures (stitches) on your skin are secure.

Read more overleaf...

When to call the doctor

Call your doctor or nurse if:

1. You have pain in your back or side that will not go away or is getting worse
2. There is blood in your urine after the first few days
3. You have fever and chills
4. You are vomiting
5. Your urine smells bad or looks cloudy
6. Your catheter has pulled out
7. The catheter stops draining urine into the bag
8. You have redness, swelling or pain where the catheter comes out of your skin
9. There is more drainage than usual on your dressings
10. The drainage is bloody or contains pus.

Phone The Urology Hospital (after hours).



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