PERCUTANEOUS NEPHROSTOMY EDUCATION

FOR KIDDOS!

BY JACOB & ELLEN POLISKEY
**WHAT IS A NEPHROSTOMY?**

A nephrostomy (neff-ROSS-toe-mee) tube helps your kidney. It goes in your back, and drains urine (your pee!).

A nephrostomy tube is rubbery and bendy. A specialized name for it is a catheter.

**WHY HAVE ONE?**

Sometimes, your urine can get blocked. Most of the time this happens because of a kidney stone, but it can happen after surgery, or because of an infection, or because of other things.

If your urine gets blocked on the way to your bladder, it can back up into your kidneys.

A kidney is sick when urine backs up into it.
The nephrostomy tube helps drain urine from your kidney, so your kidney won’t get squished!

The nephrostomy tube helps the kidney by draining backed-up urine!

**WHAT SHOULD I DO BEFORE I COME TO THE HOSPITAL?**

Don’t eat or drink anything after you wake up on the morning of the procedure, other than taking medicine with some water.
WHAT’S GOING TO HAPPEN AT THE BEGINNING?
You’re going to be taken to a room with machines that help see inside of you. The machines might look like this:

Here is an ultrasound machine and an X-ray machine.

WHAT’S GOING TO HAPPEN INSIDE THE ROOM?
You will lie on your belly. A needle will be put in a vein in your arm or in your hand, like in this picture.

The doctor can use this to give you medicine.

The doctor will put in the nephrostomy tube with the help of other people. It will take about a half hour.
**WILL IT HURT?**

The procedure won’t hurt! It might hurt when your doctor first puts the needle into your hand or arm, but after that you will have **anesthesia** (ann-UH-stee-juh). It will make you feel sleepy and make it not hurt.

**WHAT’S GOING TO HAPPEN RIGHT AFTERWARD?**

You’ll go to a **recovery** room for about an hour. Then you can either go home or will stay in the hospital depending on what your doctor says.

If you have a **nephrostomy bag**, it looks like this.

The place where the tube is inserted in your back will be sore for about a week. Medicine like Tylenol can help.

**WHAT HAPPENS WHEN I GO HOME?**

Someone will teach you how to care for your nephrostomy tube and bag. The average amount of time a tube is in is about a month, but yours could be shorter or longer.
Complete the crossword puzzle using the clues and the word bank. Match the letters in the shapes to spell a secret message at the end!

Across
2. How long does the procedure take?
5. __________ is medicine that makes you sleepy.
7. This is the name of the procedure.
9. The __________ room is where you’ll see your parents again after you wake up.
1. The tube that the doctor puts in will drain into a plastic nephrostomy ____.
3. This machine makes sound waves that help the doctor see inside of you.
4. An organ that makes pee. It’s shaped like a bean!
6. A specialized name for the tube that is put in your back and goes to your kidney.
8. A _______ will put the nephrostomy tube in – they’re experts so you don’t need to worry!

**Word Bank**

*Bag*  *Doctor*  
*Catheter*  *Ultrasound*  
*Anesthesia*  *Recovery*  
*Kidney*  
*Nephrostomy*  *Half-hour*  

See Page 9 for writing the secret message →
MAZE FUN!

Help the sick kidney get to the end of the maze so he can feel better! Collect the letters and write them in the shapes that spell the secret message. Be careful to only collect the letters on the correct path!
SECRET MESSAGE:

Don’t be scared—this will be an

The end! Thanks for having fun with us! If you have any questions, please ask an adult.

Answers are on the next page.
DID YOU SOLVE THE SECRET MESSAGE? IF NOT, NO PEEKING UNLESS YOU REALLY NEED SOME HELP!

Crossword Answer:

Across

2. How long does the procedure take? half-hour
5. Anesthesia is medicine that makes you sleepy
7. This is the name of the procedure. nephrostomy
9. The recovery room is where you’ll see your parents again after you wake up.

Down

1. The tube that the doctor puts in will drain into a plastic nephrostomy bag.
3. This machine makes sound waves that help the doctor see inside of you. ultrasound
4. An organ that makes pee. It’s shaped like a bean! kidney
6. A specialized name for the tube that is put in your back and goes to your kidney. catheter
8. A doctor will put the nephrostomy tube in – they’re experts so you don’t need to worry!
Maze Answer:

Secret Message:
Don’t be scared—this will be an adventure!

Credits:
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Maze (page 8) adapted from MazeGenerator.net
Happy/Sad Kidneys (page 1, 2 and 3) and nephrostomy bag (page 5), Jacob and Ellen Poliskey
Many thanks to Amy Crumb for her work in getting this project off the ground!
MADE JUST FOR YOU! 😊