



Everyday activities

Eating and drinking

You can eat and drink normally although, if you are dehydrated or prone to infection, you may be advised to drink more (aim for two litres daily). Then again, if you have certain cardiac or renal conditions your fluid intake may be restricted.

Eat a balanced diet and avoid constipation. If you are concerned or have questions, consult your Healthcare Professional.



Personal hygiene



It is advisable **not to bathe or shower for the first 24-48 hours** following the insertion of your nephrostomy. **After 48 hours**, you can take a shower but keep your nephrostomy site dry. You can cover the site in plastic wrap in order to shower. If you wish to have a bath, it should be shallow to avoid the nephrostomy site getting wet and water getting under your dressing.

Sleep and rest

It is always important that you get regular rest and good quality sleep. You can change the position of most collection bags to help optimise your comfort when lying down.



Driving



If you can sit comfortably behind the wheel of your car and perform an emergency stop without any pain or discomfort, there is no reason why you should not be able to drive. It is wise to inform your insurance company of your condition.

Exercise

You can move around and do gentle exercise as long as you feel comfortable and there is no pain or pulling on your tube. Avoid strenuous exercise.



Sexual intercourse



Again, it is important that you feel comfortable, pain-free and there is no pulling on your tube otherwise there is no reason why you should not enjoy an intimate relationship.

Work

Speak with your nurse or doctor about this. Light work should be fine although heavy duties may cause discomfort and pulling on your tube.



Holidays



Discuss this with your nurse or doctor. Consider the facilities that will be available to you wherever you intend to go and decide if you are confident in caring for your nephrostomy independently. When you go away, you will need to take plenty of spare equipment and consider holiday insurance cover.