

Drainage Procedure (Biliary, Nephrostomy, Abdominal)

Your doctor has asked us to perform a drainage procedure on you. We have designed this brochure to help you prepare for your procedure. A drainage procedure is where a tube is inserted into the body for the purpose of draining excessive fluid or an abscess.

Preparation

- You will be given instructions by our booking staff regarding the time of your appointment and any necessary preparation. You may require admission to day surgery.
- Please shower on the morning of your procedure before coming to the hospital.
- You are required to **fast for 4 hours** prior to this procedure. You may take your normal medications with a sip of water.
- You need to notify us and your referring doctor if you are on blood thinning medications or injections (eg aspirin, warfarin, coumadin, Plavix or Clexane etc.) or if you are taking fish oil or krill oil as these also increase the risk of bleeding.
- You need to bring your previous X-rays, CT and MRI scans if these were not performed within our clinic.
- You will be changed into a hospital gown and an intravenous line will be inserted.

Procedure

- You will be transferred to an imaging room in the radiology department. A specialist Radiologist performs the procedure assisted by nursing and technical staff.
- You may be given intravenous sedation to help make you calm and relaxed during the procedure. You may be given antibiotics prior to the procedure.
- The insertion site for the drain is determined from scans which are performed immediately prior to the procedure. The skin over the site where the drain

will be inserted is cleaned with antiseptic solution and numbed with local anaesthetic. A needle is placed through the skin into the fluid using imaging guidance and a wire is then placed through the needle. The needle is removed leaving the wire in place and a drainage tube is then threaded over the wire. The wire is then removed. The tube is usually left in place and the fluid allowed to empty into a drainage bag. A dressing will be applied.

- A specimen of the fluid may be retained and sent to the laboratory for analysis.

Post procedure

- If you have not been admitted through day surgery and you have had sedation then you will need to be observed in the radiology department for up to 2 hours.
- You will need someone to drive you home where you should rest for the remainder of the day.
- Sporting and other strenuous activity should be avoided for at least 5 days after the procedure to allow the area to recover.
- Fluid may leak around the drainage catheter under the dressing. It is important to keep the wound covered with a clean, dry dressing.
- Your referring doctor will determine when the drain is to be removed and this is usually performed by your specialist or GP.
- Paracetamol should help with any pain once the local anaesthetic wears off.

If you experience bleeding or excessive bruising/swelling, redness or other evidence of infection please contact our clinic nurses between 8.00am and 6.00pm. Outside these hours please contact your local emergency centre or referring doctor.