



Patient & Family Guide
2022

Ultrasound Guided Percutaneous Kidney Biopsy

Valley Regional Hospital

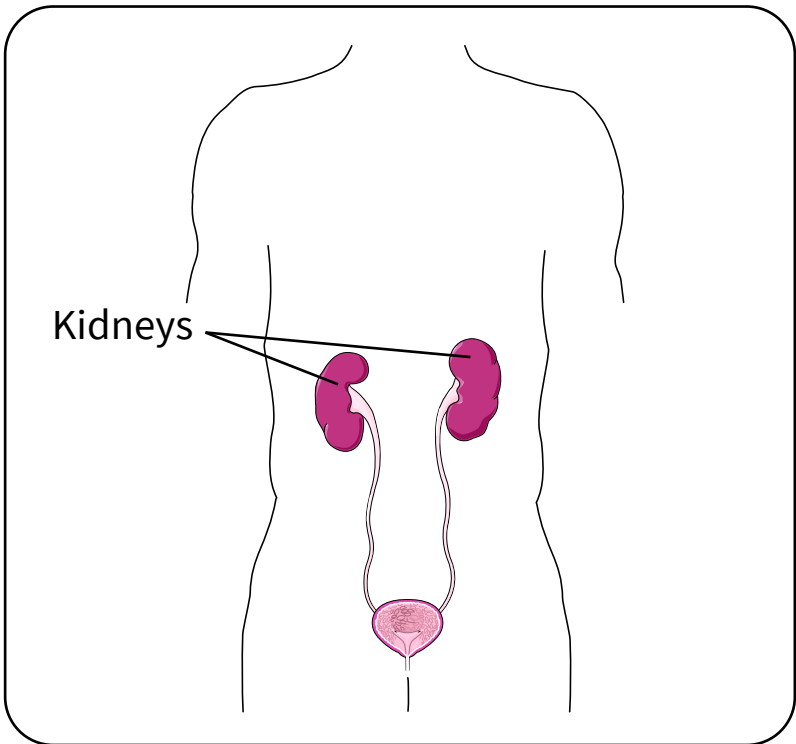


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What is a kidney biopsy?

A kidney biopsy is done to remove at least 3 tiny pieces of tissue from your kidney using a thin needle. The tissue will be sent to the lab, where it will be looked at under a microscope.



Who will do the biopsy?

- A radiologist (a doctor who specializes in X-ray procedures) will do your biopsy.
- They will explain the procedure and ask you to sign a consent form.

What are the possible complications?

- A kidney biopsy is usually safe. Serious complications are rare.
- The radiologist will talk about any possible complications with you before you sign the consent form.

How long will I be at the hospital?

If you are an outpatient (you are coming to the hospital just for this procedure):

- You should plan to be at the hospital for at least 6 hours.
- You will register at Central Registration and go to the **Medical Day Unit (MDU)**. Bring your provincial health card with you.
- In the MDU, an intravenous (IV) will be started by placing a needle attached to a tube into your arm.
- You will then be taken on a stretcher to the procedure room in the Diagnostic Imaging Department.

- The biopsy will take 30 to 60 minutes.
 - After the biopsy, you will recover in the MDU for 4 hours.
- If you are an inpatient (you are already admitted to the hospital):**
- An IV will be started in your arm (if you do not already have one).
 - You will be taken on a stretcher to the procedure room in the Diagnostic Imaging Department.
 - The biopsy will take 30 to 60 minutes.

How do I get ready for this test?

Tell your doctor if you are taking any blood thinner medications. You may need to stop taking these medications before your biopsy (**see the medication table at the end of this pamphlet**). Ask your doctor:

- › if you need to stop taking any medications before your biopsy.
 - › how long you should stop taking the medications.
- You will need to have blood tests a few days before your biopsy. Your doctor will order these tests for you.

- These tests will measure your platelets, how long it takes your blood to clot, and how well your kidney works.
- **Do not** eat any solid food after midnight the night before your biopsy. You may drink clear fluids (water, juice without pulp, coffee or tea without milk or cream) before you come to the hospital.
- If you have diabetes, you should have clear juice (without pulp) on the morning of your biopsy.
- Take your medications as usual (**except for diabetic and blood thinner medications**).
 - › If you take medication for diabetes (pills or needles), ask your doctor if you should take any or some of this medication on the morning of your biopsy.
- Bring all of your medications to the hospital with you. You may be told by your doctor to take some of these medications when your biopsy is done.

A responsible adult must take you home by car or taxi. Do not drive for 24 hours (1 day) after your biopsy.

How is the biopsy done?

- You may be asked to lay on your belly or side during the biopsy. It is easier to get to the kidneys through the lower back than through the belly.
- Your skin will be cleaned with an antiseptic (cleansing) solution. Sterile (clean) drapes will be placed around the site of your biopsy.
- You may be given pain medication and a relaxing medication through your IV.
- The area will be frozen with a local anesthetic (freezing) so that you will not feel any pain.
- The radiologist will find the biopsy site using an ultrasound, then a needle will be inserted (put in) into your kidney. You may be asked to hold your breath for a few seconds.
- At least 3 samples will be needed.
- The needle will then be removed.

What will happen after the test?

A bandage will be placed on the biopsy site. This can be removed after 24 hours.

If you are an inpatient:

- You will be taken back to the nursing unit on a stretcher.

If you are an outpatient:

- You will be taken back to the MDU on a stretcher, where you will recover.

- For 4 hours, you will be on bed rest with your head raised up. **You will not be allowed to get up.** Bed rest is important to lower the risk of bleeding after your biopsy.
- Your nurse will check your heart rate, blood pressure, and biopsy site often during this time.
- Please tell your nurse if you are having any pain so they can give you medication to help.
- You will get a discharge instruction sheet from your nurse in the MDU before leaving the hospital.

What should I do when I get home?

- Relax for the rest of the day.
- Keep the bandage over your biopsy site dry for the first day. You can shower the next day.

For the next 24 hours:

- **Do not** drink alcohol or take any medications that could make you drowsy (like sedatives or tranquilizers).
- **Do not** drive a car or use heavy machinery.
- **Do not** sign any legal forms or important papers, or make any financial decisions.

For the next 48 hours (2 days):

- **Do not** do any strenuous (hard) activity.
- **Do not** lift anything heavy (over 10 pounds), including children.

Call your doctor if you have any of the following symptoms:

- Blood in your urine (pee) that gets worse or lasts for more than 7 days
- More pain around your biopsy site or in your lower back
- Pain that does not go away even after taking acetaminophen (Tylenol®) for 3 days after your biopsy
- Pale skin and feeling light-headed.
- Fever (temperature above 38° C/100.4° F) and chills within 7 days after your biopsy

If you cannot reach your doctor, go to the nearest Emergency Department.

When will I know the results of my biopsy?

Your doctor will get the results 10 to 14 days after your biopsy. They will go over the results with you.

Look at the following medication table with your doctor. They will tell you if and for how long before your biopsy you need to stop taking any medications.

Drug:	Time off before biopsy:	Time off before restarting after biopsy:
Apixaban (Eliquis®)	2 days: CrCl above 50 ml/min, 3 to 4 days: CrCl = 30 to 49 ml/minute	24 to 48 hours
ASA	7 days	Right away
ASA and dipyridamole	7 days	Right away
Clopidogrel (Plavix®)	5 days	Right away
Dabigatran (Pradaxa®)	2 days: CrCl above 50 ml/minute, 3 to 5 days: CrCl less than 50 ml/min	24 to 48 hours

Drug:	Time off before biopsy:	Time off before restarting after biopsy:
Dalteparin (Fragmin®)	12 to 24 hours	6 hours
Fondaparinux (Arixtra®)	36 to 48 hours	6 hours
Heparin	IV: 4 to 6 hours Subcutaneous (under the skin): 12 hours	1 hour
Lovenox® (low molecular weight heparin)	12 to 24 hours	6 hours
Prasugrel (Effient®)	7 days	24 hours
Rivaroxaban (Xarelto®)	2 days: CrCl above 50 ml/minute, 3 days: CrCl = 30 to 49 ml/minute	24 to 48 hours
Ticagrelor (Brilinta®)	5 days	24 hours
Warfarin (Coumadin®)	5 days	12 to 24 hours

