



Patient & Family Guide  
2018

# Ultrasound Guided Percutaneous Kidney Biopsy

Valley Regional Hospital

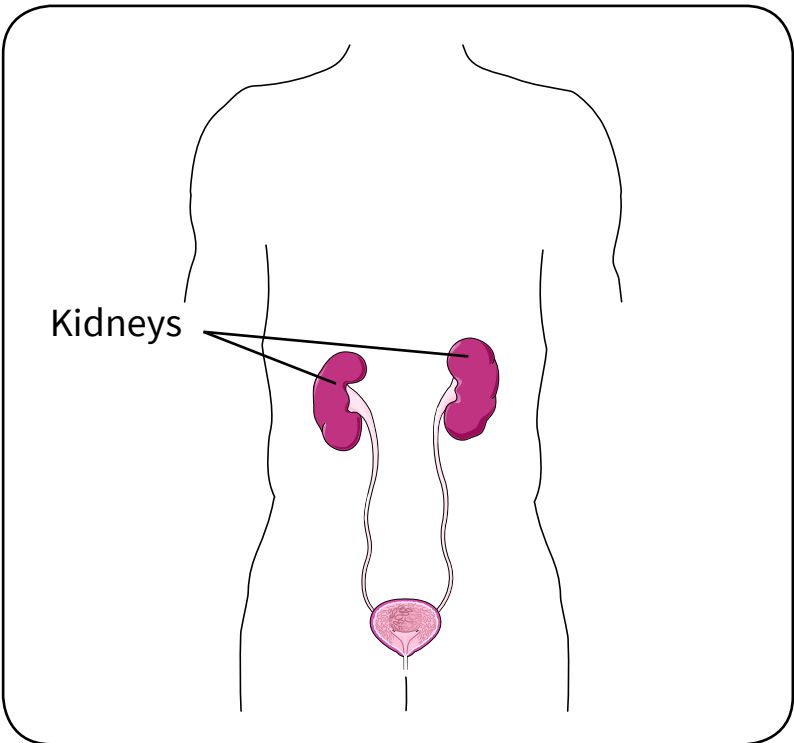


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# Ultrasound Guided Percutaneous Kidney Biopsy

## What is a kidney biopsy?

A thin needle will be used to remove at least 3 tiny pieces of tissue from your kidney. The tissue will be sent to the lab where it will be checked under a microscope.



## **Who will do the biopsy?**

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

## **Are there any complications?**

- A kidney biopsy is usually safe. Serious complications are rare.
- Your doctor will talk about any possible complications during the consent process.

## **How long will I be at the hospital?**

### **If you come to the hospital just for this procedure:**

- You will register at Central Registration and go to the **Medical Day Unit (MDU)**.
- Bring your NS health card with you.
- You should plan to be at the hospital for at least 6 hours for the full appointment.
- An intravenous (IV) will be started in your arm in the MDU. You will then be taken by stretcher to the procedure room in the Diagnostic Imaging Department.
- The biopsy will take 30-60 minutes.
- After the biopsy, you will recover in the MDU for 4 hours.

□ **If you are already a patient in the hospital:**

- An intravenous (IV) will be started in your arm if you do not already have one. You will then be taken by stretcher to the procedure room in the Diagnostic Imaging Department.
- The biopsy will take 30-60 minutes once you are in the Diagnostic Imaging Department.

## How do I get ready?

Tell your doctor if you are taking any blood thinner medications as you may need to stop taking these medications before your biopsy (**see the medication table at the end of this pamphlet**). Contact your doctor to see if and for how long before your biopsy you need to stop taking any medications.

- You will need to have blood tests a few days before your biopsy. Your doctor will order these tests for you. The tests will measure your platelets, clotting time, and kidney function.
- Do not eat any solid food after midnight the night before your biopsy. You may drink clear fluids before you come to the hospital.
- If you have diabetes, you should have clear juice (without pulp) on the morning of your biopsy.

- If you take medication for your diabetes (pills or needles), talk with your doctor to see if you should take any or some of this medication on the morning of your biopsy.
- Take other medications as usual (**except for diabetic and blood thinner medications**).
- 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 after your biopsy.**

## **How is the biopsy done?**

- You may be moved on your belly or side for your procedure. It is easier to get to the kidneys through your lower back than through your belly.
- Your skin will be cleaned with an antiseptic solution and sterile 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.
- The biopsy site will be located using an ultrasound, then the needle will be inserted into your kidney. You may be asked to hold your breath for a few seconds.
- At least 3 samples will be needed.

## **After the test**

- A Band-Aid® will be placed on the biopsy site.
- You will be taken on a stretcher back to the MDU for recovery for 4 hours, or to the nursing unit if you are a patient in the hospital.
- For 4 hours, you will be on bed rest with your head raised up and you will not be allowed to get up. Your nurse will check your heart rate, blood pressure, and biopsy site often during this time. Bed rest is important to lower the risk of bleeding after your biopsy.

- Please let your nurse know if you are having any discomfort so they can give you medication to help.
- You must not do any strenuous (hard) activity for 48 hours. Do not lift anything heavy including children.
- You will get a discharge instruction sheet from your nurse in the MDU before leaving.

## **What should I do when I get home?**

- Relax for the rest of the day.
- Keep the Band-Aid® over your biopsy site dry on the first day. You can shower the next day.
- Do not lift anything heavy for 48 hours.

### **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 any heavy machinery.
- Do not sign any legal forms or important papers or make any financial decisions.

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

- Blood in your urine (pee) that increases or lasts for more than 7 days
- More pain around your biopsy site or in your lower back
- Fever and chills within 7 days after your biopsy
- Pain that does not go away even after taking acetaminophen (regular Tylenol®) for 3 days after your biopsy
- Paleness and feeling light-headed

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

**When will I know the results of my biopsy?**

Your family doctor will get the results 10-14 days after your biopsy.



Go through the following medication table with your doctor to see if and for how long before your biopsy you need to stop taking any medications.

<b>Drug:</b>	<b>Time off before biopsy:</b>	<b>Time off before restarting after biopsy:</b>
Apixaban (Eliquis®)	2 days - CrCl>50ml/min, 3-4 days - CrCl = 30-49 ml/min	24-48 hours
ASA	7 days	Immediately
ASA and dipyridamole	7 days	Immediately
Clopidogrel (Plavix®)	5 days	Immediately
Dabigatran (Pradaxa®)	2 days - CrCl >50ml/min, 3-5 days - CrCl<50 ml/min	24-48 hours
Dalteparin (Fragmin®)	12-24 hours	6 hours
Fondaparinux (Arixtra®)	36-48 hours	6 hours

<b>Drug:</b>	<b>Time off before biopsy:</b>	<b>Time off before restarting after biopsy:</b>
Heparin	IV: 4-6 hours subcutaneous: 12 hours	1 hour
Lovenox <sup>®</sup> (low molecular weight heparin)	12-24 hours	6 hours
Prasugrel (Effient <sup>®</sup> )	7 days	24 hours
Rivaroxaban (Xarelto <sup>®</sup> )	2 days – CrCl > 50ml/min, 3 days - CrCl = 30-49 ml/min	24-48 hours
Ticagrelor (Brilinta <sup>®</sup> )	5 days	24 hours
Warfarin (Coumadin <sup>®</sup> )	5 days	12-24 hours

**What are your questions?**

**Please ask. We are here to help you.**

# Notes:

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For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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