Kidney biopsy

Information for patients and their families

What is a kidney biopsy?
A procedure performed using local anaesthetic and ultrasound to insert a fine needle and obtain a sample of kidney tissue.

Why do I need a biopsy?
To check for any renal (kidney) disease so the best treatment option can be given for you.

Important information
You must tell your doctor if you:
- are taking aspirin, nonsteroidal anti-inflammatory medication, blood thinners, or alternative medicines (herbal)
- have allergies to medications or anaesthetics
- have bleeding problems/conditions
- are, or might be, pregnant.

<table>
<thead>
<tr>
<th>Anticoagulants</th>
<th>Antiplatelets</th>
<th>Nonsteroidals</th>
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<tbody>
<tr>
<td>Warfarin</td>
<td>Aspirin</td>
<td>Ibuprofen</td>
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<tr>
<td>Apixaban</td>
<td>Clopidogrel</td>
<td>Naproxen</td>
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<tr>
<td>Rivaroxaban</td>
<td>Clopidogrel + aspirin</td>
<td>Celecoxib</td>
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<tr>
<td>Dabigatran</td>
<td>Ticagrelor</td>
<td>Diclofenac</td>
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<tr>
<td><strong>Complementary</strong></td>
<td>Prasugrel</td>
<td>Indomethacin</td>
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<td>Fish Oil</td>
<td>Ticlopidine</td>
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<tr>
<td>Tumeric</td>
<td>Dipyridimole</td>
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<td></td>
<td>Dipyridimole + aspirin</td>
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<td>Cilostazol</td>
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Before the procedure:
The doctor will:
- take a medical history; please tell the doctor if you have any allergies or relevant medical conditions that may affect the procedure
- give you instructions on when to stop any medications
- explain the procedure and possible risks involved
- ask you to complete a ‘Consent’ form to say you understand and give permission for the procedure

- request blood tests that need to be completed as close as possible to the biopsy day
- need to discuss your blood pressure medications to ensure they are taken correctly
- need your blood pressure controlled for this procedure.

Procedure:
Percutaneous biopsy
(fine needle puncture through the skin)
- you will need to lay on your stomach (NB you will need to lie on your back if the biopsy is of your transplanted kidney)
- the biopsy may be taken from either the left or right side
- the procedure may take about 30 minutes
- you will be given local anaesthetic to numb the area where the needle is inserted
- the doctor will use an ultrasound machine to guide the needle and take a sample of the kidney tissue.
**After your procedure**

- you will be required to lay flat for six hours (NB four hours if transplant kidney biopsy) to reduce the risk of bleeding
- a nurse will take observations and check the biopsy site regularly; tell the staff if you have any pain
- any urine passed will need to be seen by nursing staff before discarding to check for blood
- you may be asked to not eat or drink for a short time after the biopsy
- you may be asked to drink extra fluids to ‘flush’ the kidneys, unless fluid restricted.

**Discharge from hospital**

- you should be discharged the same day as the biopsy, but may be required to stay overnight
- you cannot drive yourself home after the biopsy: get someone to take you home
- a follow up clinic appointment will be arranged for you – results can take two to three days
- let the doctor know if you need a medical certificate
- check with the doctor when you will be safe to return to work.

**When at home**

Seek medical advice if you have:

- increasing pain at the site or in the groin, abdomen or back
- bleeding or ooze (pus) from the site
- any visible blood in your urine
- signs of urine infection – ‘burning’, difficulty or frequency passing urine
- swelling or redness at the biopsy site
- dizziness
- high temperature (fever).

**Wound care**

- remove your dressing after 24 hours, report any of the above signs.

**Avoid**

- heavy lifting or vigorous exercise and contact sports for at least seven days after biopsy
- sexual activity for seven days.

**Emergency - 000**

If you have any concerns after the procedure please contact the renal outpatients department or go to your GP.

Please dial 000 in an emergency.

**For further information please contact us:**

Sunshine Coast University Hospital (SCUH)
Phone: (07) 5202 0000 or Renal outpatients department (SCUH) (07) 5202 0077.