

## Renal Biopsy

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### **What is a renal biopsy?**

A renal biopsy is a procedure that takes a sample of kidney tissue for testing. A renal biopsy may also be done to identify a problem with the kidney or to check why a kidney transplant is not working well.

### **Is there anything I have to do before the biopsy?**

You will sign a consent form for the biopsy. There are no changes in your diet before this test.

#### **If you are in Inpatient:**

You will have blood tests done before this procedure. If you take blood thinning medication such as warfarin, coumadin or aspirin, you will need to have this adjusted before the biopsy. Talk to your nurse or doctor if you are taking these medications.

#### **If you are an outpatient:**

You will have blood tests done in the Outpatient Laboratory. If you take blood thinning medication such as warfarin, coumadin or aspirin, you will need to have this adjusted before the biopsy. Talk to your doctor well before the procedure if you are taking these medications.

### **What happens the day of the biopsy?**

#### **If you are in Inpatient:**

You will get ready for the procedure on the patient care unit. You may have an intravenous called an IV started. This is a thin tube put into a vein in your arm to give you fluids and medication before during and after the procedure. You are then taken to have your procedure on a stretcher.

#### **If you are an outpatient:**

You come to the Day Surgery Unit at St. Joseph's Hospital. You will get ready for the procedure here. You may have an intravenous called an IV started. This is a thin tube put into a vein in your arm to give you fluids and medication before during and after the procedure.

## **What happens during the biopsy?**

You will go to the Ultrasound Area of the Diagnostic Imaging Department. A biopsy takes about 15 to 30 minutes to do.

To begin the biopsy, the doctor freezes a small area of skin on your back using a local anesthetic. If you have a kidney transplant, the skin over your transplant will be numbed. A special needle on an instrument is then put through the skin and into your kidney.

The doctor takes a small piece of kidney tissue. This sample goes to a laboratory for testing.

## **What happens after the renal biopsy?**

After the biopsy, the small hole in your skin will be covered with a bandage. You will be admitted to a patient care unit in the hospital.

There is a small risk of bleeding after a renal biopsy. To help prevent bleeding you will lie flat in the bed for 4 hours. A sandbag over the needle site may or may not be used to prevent bleeding as well. The nurses will check your blood pressure, heart rate and needle site often.

About 4 hours after the biopsy, you will go by wheelchair to the Ultrasound Area of the Diagnostic Imaging Department for an ultrasound test. The ultrasound checks for bleeding inside your body. This procedure does not cause any discomfort.

Your doctor will check the results of the ultrasound and decide if you go home or stay in the hospital.

## **How should I look after myself at home?**

**At home, you need to rest for 24 hours.** You may get up to go to the bathroom and eat your meals. You can eat your normal diet. Check the colour of your urine each time you void. It may look pink or light rose coloured for a few days. It should not be bright red or the colour of ketchup. If you have bright red urine go to an Emergency Department right away.

On the second day you should only do easy activities so your kidney will heal. Do not do any strenuous exercise or heavy lifting for 48 hours.

## **Who should I call if I have questions or concerns?**

If you have questions or concerns, you should contact your Nephrologist. If you had a kidney transplant, call the Transplant Unit first and the nurses will contact the doctor on-call: 905-522-1155 ext. 35270.

**If you think you are bleeding heavily, have significant pain or feel lightheaded, go to the nearest Emergency Department right away.**

## **Contact your Nephrologist, Transplant Unit or Transplant Clinic if:**

- you feel dizzy or very unwell
- you have severe back pain or increased pain over the transplant area
- you have increased blood in your urine
- your urine is bright red or ketchup colour
- your urine gets darker and darker over the next 48 hours
- you have trouble passing urine
- you have bleeding from the needle site

After working hours and on weekends and holidays, call 905-521-6049 for the Nephrologist on call.

Transplant Clinic: 905-522-1155 ext. 33780

Transplant Unit: 905-522-1155 ext. 35270



## **When do I see the Nephrologist again?**

You should have an appointment to see your Nephrologist in 1 to 5 days after the biopsy.

