

MCRG Interventional Radiology Patient Discharge Education Instructions Following Kidney (Renal) Biopsy

What is a kidney biopsy?

A biopsy is done to remove tissue or cells from the body to exam under a microscope. The tissue sample is removed with a needle to check for cancer or other abnormal cells. It also helps check how well the kidney is working. If your healthcare provider wants to sample a specific area of the kidney, the biopsy may be guided by ultrasound, fluoroscopy, or computed tomography. A kidney biopsy may be done on an outpatient basis or in a hospital. It may be done in a procedure room, in a hospital bed, or in the radiology department. Procedures may vary depending on your condition and your healthcare provider's practices.

Needle biopsy of the Kidney. After an anesthetic is given, the healthcare provider inserts the biopsy needle into the kidney to get a sample. Ultrasound or computerized tomography (CT scan) may be used to guide the needle. Most kidney biopsies are done using this technique.

Why might I need a kidney biopsy?

Your kidneys are a pair of purplish-brown organs. They sit below the ribs toward the middle of the back.

The kidneys:

- Remove liquid waste from the blood in the form of urine
- Keep a balance of salts and other substances in the blood
- Produce erythropoietin, a hormone that aids the formation of red blood cells
- Regulate blood pressure

When your kidney function is abnormal, a kidney biopsy may be done to:

- Find out the reason for poor kidney function
- Check how well a transplanted kidney is working.

There may be other reasons for your healthcare provider to advise a kidney biopsy.

What are the risks of a kidney biopsy?

As with any procedure, complications can happen including:

- Bruising and discomfort at the biopsy site
- On-going bleeding from the biopsy site, in the urine, or inside the body
- Puncture of nearby organs or structures
- Infection near the biopsy site

If the kidney biopsy is done with the aid of X-ray, the amount of radiation used is small. Therefore, the risk for radiation exposure is low.

If you are pregnant or think you may be, tell your healthcare provider. Talk to your healthcare provider about the risks to the fetus from being exposed to an X-ray. Pregnancy is not always contraindication for having a kidney biopsy. It may be important to maintain the health of the mother. Special precautions may be taken to protect both the mother and the fetus during a kidney biopsy.

You may not be able to have kidney biopsy if you have an active kidney infection, certain bleeding conditions, uncontrolled high blood pressure, or have only one working kidney. There may be other risks depending on your specific medical condition. Be sure to raise any concerns with your healthcare provider before the procedure.

What happens after the kidney biopsy?

Your recovery will vary depending on the type of procedure done and your healthcare provider's practices. You may be taken to the recovery room and watched closely as any medication used for the procedure wears off. Once your blood pressure, pulse, and breathing are stable and you are alert, you may be discharged to your home or taken back to your hospital room.

You will be asked to lie on your back for several hours. A nurse will check your urine for signs of bleeding. You may have other tests to check for internal bleeding. You may be discharged later the same day or the next day. If you had a sedative or anesthetic, plan to have someone drive you home.

The biopsy site may be tender or sore for several days after the biopsy. Take a pain reliever for soreness as advised by your healthcare team. You will need to avoid aspirin or certain other pain medicines that may raise the chance of bleeding. Be sure to take only recommended medicines.

Diet:

You may get back to your usual diet unless told otherwise.

Activity:

Your healthcare team may ask you to rest for a day or two. You will need to avoid strenuous physical activity for several days. Do not do any type of "bouncing" activities, such as jogging, aerobics, playing tennis, or horseback riding for a couple of weeks to prevent bleeding of the biopsy site.

Call Interventional Radiology if you have:

- Fever over 101°F.
- Blood in your urine after the first 24 hours;
- Inability to urinate;
- Fever and/or chills;
- Redness, swelling, or bleeding or other drainage from the biopsy site;
- Increased pain around the biopsy site or elsewhere;
- Feeling faint.

Interventional Radiology Contact Information

Office Hours 8:00 am - 5:00 pm

Non-emergent questions:

Phone: (407) 649-6823 Fax: (407) 246-0374

Email: IRSupport@MCRG.com – *non urgent concerns only*

IR Clinic Scheduling:

Phone: (321) 841-8104 Fax: (407) 649-7873

Email: IRSupport@MCRG.com – *non urgent appointment requests only*

For all Urgent issues:

On nights and weekends for immediate concerns you may

Page the Interventional Radiologist at:

(321) 841-8122

Or call your Doctor.

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