

Procedures/Diagnostic Tests

Kidney biopsy

You are scheduled for a kidney biopsy. During a kidney biopsy, the doctor will pass a slender needle through the skin and muscle of the back to reach the kidney and obtain a small piece of kidney. This tissue is then removed to be studied under a microscope. The results of this procedure help your doctor assess the health of your kidneys.

Before you undergo this procedure, you will be admitted to the hospital to provide blood and urine samples. These samples will be analyzed to make sure there are no problems that could interfere with the results of the kidney biopsy.

Preparation

- The doctor will explain the procedure to you. At this time, feel free to ask any questions you may have. When you understand what is going to happen, you will be asked to sign a consent form for the procedure to be performed.
- The night before the procedure, your blood pressure may be taken every 4 hours. These readings will be compared to readings done after the procedure.
- Do not eat or drink anything from midnight on the day of the test until the test is completed.
- You may get a laxative to clear the lower intestines to allow your kidneys to be seen more clearly.
- On the morning of the biopsy, you may shower. The nurse will ask you to put on a hospital gown. An intravenous (I.V.) line may be put into your arm. This will stay in place until after the biopsy.
- Just before the procedure, go to the bathroom and empty your bladder.
- You will be taken to the Diagnostic Radiology Department or CT (computed tomography) on a stretcher.

Procedure

- When you arrive in Diagnostic Radiology or in the CT area, you will be placed on a table and asked to lie on your stomach.
- The skin on your back over the kidney will be cleansed with an antibacterial solution and alcohol.
- A liquid dye may be infused through your I.V. This will allow the doctors to see the kidney in x-rays.

- To prevent you from feeling any pain at the biopsy site, a local anesthetic will be injected into this area.
- At certain times during the procedure, the doctor will ask you to take a deep breath or to hold your breath. By doing this, you will keep the kidneys still so that the kidney surface can be located with the biopsy needle. Let the doctor know if you become tired while doing deep breathing.
- When the doctor removes the piece of tissue from your kidney, you will be asked to hold a deep breath. Do not move or flinch. It is unlikely that you will feel any pain when the biopsy is taken, but you may feel some pressure. A small bandage will be placed over the biopsy site.
- It will take only a few minutes for the doctor to obtain the biopsy.

After the procedure

- You will be returned to your room on a stretcher. You may feel a dull ache at the biopsy site. If you need medication to relieve your pain, ask your nurse.
- To prevent bleeding after the procedure, stay in bed about 24 hours.
- For the first 4 hours, lie on your back. *Do not reach or strain.*
- After 4 hours, you can turn on your side or have the head of your bed raised. During this time, your temperature, pulse, and blood pressure will be measured often.
- If you need to go to the bathroom, call your nurse for assistance. *Do not get out of bed.*
- There may be some blood in your urine. This is from the needle that entered your kidney during the biopsy. While this is not serious, let your nurse know if blood appears. You may have some blood drawn later in the afternoon to check your blood counts.
- *Relax* throughout the 24-hour period that you are in bed: do not reach, stretch, strain, or do any strenuous activity. Your doctor or nurse will let you know when you can get out of bed and resume light activities.

Special instructions

At home after the procedure

For the next 2 weeks, avoid straining. Be sure not to do any strenuous physical activity such as running, other vigorous sports, or heavy lifting.

If you have any questions about your kidney biopsy, feel free to ask your doctor or nurse. Remember to tell them about any pain, fever, or bloody urine. For any health concerns related to your biopsy, you may reach your doctor or nurse at these numbers:

location	phone number	location	phone number
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