

Having a day case kidney biopsy

This leaflet tells you about having a kidney biopsy. Please read it and talk to the nurse or doctor if you have any further questions.

What is a kidney biopsy?

A kidney or renal biopsy means removing a very small sample of your kidney with a special needle. This sample is examined to find the cause of the kidney disease.

Why do I need a kidney biopsy?

A biopsy can help find the reason your kidneys are not working properly and tell what the best treatment will be.

A biopsy is only done when it has not been possible to find the cause of your kidney problem by any other tests.

Where is the biopsy done?

Your biopsy will usually be planned with you in the outpatient clinic. You will be admitted to the out-patient area, Level 8 on the day of your biopsy. Sometimes your biopsy is urgent and will be done when you are already in hospital or you may need to be admitted to the Renal Ward.

What happens before the biopsy?

Before the biopsy can take place you will need:

- Blood tests.
- Blood pressure to be well controlled.
- Urine test.
- To stop taking blood thinning or anticoagulation medicine. Please stop aspirin/clopidogrel/dipyridamole 7 days before and warfarin 5 days before. **IF IT HAS BEEN SAID SAFE TO DO SO BY YOUR DOCTOR.** All other medications should be taken

the morning of the biopsy and there is no need to stop eating and drinking.

- To sign a consent form.

Your biopsy could be postponed if any of the results show that it would not be safe for you to have the biopsy.

How is the biopsy done?

**You will have your biopsy in a day case area in out patients.
You will be asked to lie on your front. The biopsy is done by:**

- 1 Finding the exact position of the kidney with an ultra sound scanner.
- 2 Cleaning the skin on your back over the kidney with an antiseptic.
- 3 Injecting first the skin and then the area around the kidney with local anaesthetic to make sure the biopsy is pain free.
- 4 When the area around the kidney is numb from the local anaesthetic the biopsy needle is passed to the kidney. You will be asked to hold your breath while the sample is taken to make sure the kidney does not move.
- 5 You may feel a little pressure and hear a clicking sound when the biopsy is taken. 2-3 samples will usually be taken.
- 6 The whole procedure should take about 30 minutes.

Does it hurt?

The local anaesthetic usually stings a little when it is first injected into the skin. Most patients say that their kidney biopsy was uncomfortable but did not hurt.

What are the risks of having a kidney biopsy?

The risk of a serious complication is small.

The most serious complication is bleeding and it is important that you tell the doctor if you have problems with easy bleeding or bruising. All kidney biopsies bleed slightly, but very few bleed heavily enough to cause a problem.

- In about 1 in 10 biopsies you can see blood in the urine but it settles on its own.
- Fewer than 1 in 50 biopsies bleed more and a blood transfusion is needed.
- Fewer than 1 in 500 biopsies need an x-ray or surgical procedure to stop the bleeding.

What happens after the biopsy?

After the biopsy you will be taken back to the ward. Here you will:

- Bedrest for 6 hours. You will be asked to lie flat in bed to reduce risk of bleeding. The head of the bed can be raised slightly so that you can drink etc.
- Have your blood pressure and pulse monitored very closely until the bed rest is over.
- Have your urine inspected for signs of blood.
- You might feel some discomfort in the back because of bruising and pain relief will be given if needed.
- If you need to pass water you will need to use a bed pan or urinal.

- Following your bed rest, the nurses will assess whether you are ready to get out of bed and go home. As long as there is no bleeding you can leave hospital the same day. You must be driven rather than drive yourself.
- You must have a responsible adult at home with you for 24 hours after your biopsy.

What should I do at home?

Rest if possible. You can usually go back to work after two days rest at home but you should:

- Avoid any strenuous activity, exercise or heavy lifting for two weeks after the biopsy (for example picking up heavy shopping or manual work).
- Not drive until the day after the biopsy and only if you have no pain.

If you feel dizzy, get severe pain around the kidney or see blood in your urine or are unable to pass urine you must contact the ward straight away.

When can I have a bath or shower?

The day after the biopsy.

When do I get the results?

For urgent biopsies we usually get the first results within 48 hours and this can give us enough information to diagnose many kidney problems. However, we have to examine the kidney tissue with special stains and an electron microscope before we have the final result. This usually takes about two weeks and results should be available at your next outpatient appointment.

Contacts

If you have any questions/concerns or need any advice before admission:

Renal Outpatient: 01273 696955 Extension 7624

Renal Outpatient day area: Extension 4037

If you have any problems after you go home, contact the Renal Ward immediately. The Ward is staffed 24 hours a day.

Renal Ward: 01273 696955 Extension 4057

Further information

You can get more information from.

National Kidney Research Fund on their website:
www.kidneyresearchuk.org/

Or by calling their helpline on **0845 3001499**

**You can contact South Eastern Kidney Patients Association (SEKPA)
by writing to:**

South Eastern Kidney Patients' Association
c/o Sussex Kidney Unit
Royal Sussex County Hospital
Eastern Road
Brighton
East Sussex, BN2 5BE
Or on their website <http://sekpa.org/>

Other useful websites

National Kidney Foundation
www.kidney.org

The British Kidney Patient Association
www.britishkidney-pa.co.uk

If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فيمكننا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি

如你唔明白本單張的內容，我們可安排口譯員服務。

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اگر مندرجات این جزوه را نمی فهمید، ما می توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

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Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

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