

Kidney Biopsy

Why do I need a kidney biopsy?

Your doctor wants to do a kidney biopsy to help diagnose and treat your kidney problem. We can learn a lot from blood and urine tests. But often, looking at a tiny piece of the kidney gives very helpful information that we can't get any other way.

What happens during a kidney biopsy?

Two teams will help with the biopsy. Your kidney doctor (nephrologist) will do the biopsy. A separate team of nurses will give you medicine to help you sleep, and watch your heart rate, blood pressure and breathing during the biopsy.

They will ask you to lie on your stomach, and place a small rolled-up blanket under you. (If you have a kidney transplant, you will rest on your back for your biopsy.) A doctor or nurse will insert an IV, a tiny tube that goes into a vein. The doctor will give you some medicine that will help you relax or go to sleep.

The doctor will use an ultrasound machine to take pictures of your kidneys. The ultrasound helps your doctor avoid any organs around your kidney, like big blood vessels or intestines, as a thin needle is inserted into one kidney. With the needle, (s)he will take out one to three very small pieces of your kidney. Your kidney is about the size of your fist. The biopsy pieces are only about this big: _____

The doctor will put a bandaid over the spot where the needle went in. You will not need any stitches.

What happens after the biopsy?

You will have to be still and lay on your back for **4-6 hours**. The nurses will check your blood pressure, heart rate and breathing quite often. You can eat or drink regular foods once you are fully awake. Your urine may look red or pink at first. This is normal for the first few days after the biopsy. It will go back its regular color in a couple of days.

Does it hurt?

Many patients say they feel a little bit sore at the needle site for a couple of days after the biopsy. Usually they only need Tylenol to feel better. Your doctor will check on you and give you pain medicine if you need any. Don't take ibuprofen or other NSAIDs for pain.

What are the risks?

There is a risk of bleeding. We check the level of the red blood cells both before and 4 hours after the biopsy to check for blood loss. Very very rarely, patients may need a blood transfusion or have surgery for bleeding. To reduce this risk, your doctor will check some blood tests before the biopsy. He or she will also be sure you are not taking any medicines which can make you bleed more easily. There is also a risk of infection. To reduce this risk, your doctor will use sterile equipment during the biopsy.

What are the benefits?

The benefit of doing a biopsy is getting more information about the condition of your kidneys. This helps your doctors decide on what treatment is best, and tell you what to expect about your kidney disease in the future.

When should I call my doctor?

- After the biopsy, call your doctor right away if:
- You have pain that's getting worse after the first day
- You can't urinate
- You have fever
- Your urine is getting darker

During recovery after the kidney biopsy,

1. **For the next 2-4 weeks, your child should avoid any activities that would put him/her at risk of hitting the stomach or back. Examples of activities to avoid include bicycle riding, diving, ATV riding, horseback riding, any contact sport such as basketball, soccer, or football, and any sport where the risk of falls of high, including gymnastics.**
2. **Some bright red blood in the urine is not unusual. If it persists for more than 1 to 2 days, or is accompanied by more than mild belly pain, please call us at the number below.**
3. **Please take the band-aid off the biopsy site on your child's back the day after biopsy so you can take a look at it. You can cover the area with a new band-aid if you wish. Treat it as you would a regular small cut.**
4. **Your child may bathe or shower as usual on the day following the biopsy.**
5. **Some mild back pain and/or belly pain is expected. You may use Tylenol (acetaminophen) for the pain. Please avoid aspirin or NSAIDs (Ibuprofen, Motrin, Pamprin, Naprosyn, Naproxen, Aleve, etc) for 4 weeks following the biopsy.**
6. **Please resume all your child's regular medications and diet.**

Your child may return to school/work following the biopsy. He/she should not participate in physical education for 2-4 weeks. Ask your doctor for a note to your PE teacher if needed. Please ask your doctor for more specific recommendations for your child.

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