

Pediatric Post Renal Biopsy Discharge Instructions

Your child had a kidney biopsy today. 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.
7. 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.
8. Your follow-up appointment is scheduled with Dr. _____ on _____ at the ACC/Children's Specialty Clinic.
OR
Please call 984-974-5706 to schedule your follow-up appointment with Dr. _____ in about 2 weeks.
9. If you have any problems or if your child is experiencing symptoms you are concerned about, please contact the Pediatric Nephrologist on call 984-974-1000.
10. It has been a pleasure taking care of your child.