

Ultrasound-Guided Kidney Biopsy

Kidney biopsy is a procedure that removes a small piece of the kidney. The tissue is then looked at under a microscope to help your kidney doctor figure out the cause of the kidney disease. Results take about 7-14 days.

Reasons for a Kidney Biopsy

A kidney biopsy helps figure out the cause of kidney disease, how much scarring is present and if it can be treated. You may need a biopsy if:

- You have protein in the urine.
- You have blood in the urine.
- Your kidneys are not removing toxins as they should from the blood.
- Your kidney function is rapidly deteriorating and not responding to treatment.

Getting Ready

- If you are on blood thinners, you will need to stop them before the biopsy. Talk to your kidney doctor on instructions for stopping the blood thinners.
- No NSAIDs such as ibuprofen, naproxen, Motrin[®], Aleve[®], aspirin, or products that contain aspirin and fish oil for 7 days before the biopsy.
- Take your blood pressure medicines or other prescription medications the day of biopsy.
- You may eat light breakfast and drink on the day of biopsy.

Day of the Biopsy

Check-in at Patient Registration 90 minutes before your biopsy. You will then go to our Radiology Prep and Recovery.

Our doctors will explain what will happen, answer questions, and ask you to sign a consent form.

You will get an IV and have blood tests done. These tests make sure your blood is not too thin and it is safe to do the biopsy.

Your blood pressure will be checked. It should be below 140/90 to do the procedure safely. This is why you need to take your blood pressure medicines as prescribed.

During the Biopsy

You will be awake. You may ask for medicines to help you relax if you are very anxious prior to the procedure. However, if this occurs you will need a driver home from the hospital as you are not allowed to drive for 6-8 hours after the anxiety medication. You will be taken to Radiology. We will look at your kidneys using ultrasound. You will be lying on your belly, or your side and the doctor will mark the area for biopsy.

Local anesthetic (numbing medicine) is used at the site of the biopsy. The doctor will use ultrasound when doing the biopsy to avoid big blood vessels in the kidney.

Doctors will take a small piece of tissue out of the kidney. You will need to take deep breaths and then hold your breath when the needle is inserted in the kidney. The doctor may need to repeat this several times to get enough sample tissue.

After the Biopsy

After your biopsy, you will return to the prep and recovery area. You must stay in bed for 4 hours after the biopsy. The nurse will check your blood pressure and pulse to make sure they are stable.

You might feel some pain in your back after the local numbing medicine wears off. Pain is mild and does get better within 24 hours after the biopsy. Let your nurse know if you need something to control the pain.

Blood tests will be done after 4 hours. If your blood counts are stable and you are feeling well, you will go home.

- Avoid all blood thinners. **Ask your doctor when you can restart blood thinners.**
- **Do not** take NSAIDs or Aspirin for at least 7 days after your biopsy.
- Continue your other medicines.

At Home

- You may eat or drink what you like once you get home. **Do not** drink alcohol for the first 24 hours.
- Rest and take it easy for the 2-3 days after your biopsy. **Do not** lift anything heavier than 10 pounds for 3-4 days after your biopsy. You may resume your normal routine after this.
- You may remove the bandage over the biopsy site and shower the next morning. **Do not** scrub the site. Gently wash the area and pat it to dry.

Risks of Biopsy

You may have blood in your urine after the biopsy. This is because kidneys get a lot of blood to filter. Rarely the bleeding might be severe and require a blood transfusion. Very rarely you might need a procedure to stop the bleeding.

When to Call

- You have more than a teaspoon of bleeding at the site.
- Your pain around the site gets worse rather than better 2-3 days later.
- You feel dizzy, faint, or light-headed.
- Severe back pain.
- Blood clots or blood in your urine that is getting worse after 2 days.
- You are not feeling well, and have signs of infection:
 - Nausea or vomiting
 - Chills
 - Fever over 100.4°F (38 °C)
- Exhaustion or extreme weakness.
- Sudden or increased shortness of breath.
- Sudden chest pain.
- Increased redness, tenderness, or swelling at the biopsy site.
- Opening of, drainage from, or bleeding from the biopsy site.

Follow up Instructions

The biopsy results should be available in 7-10 business days. If you do not hear anything from the Kidney Clinic within 1-2 weeks, call to follow up on the results.

You will have an appointment with your Kidney doctor to discuss these results within 4 weeks of your biopsy.

Who to Call

Kidney Clinic
Monday – Friday, 8:00am – 5:00pm.
(608) 270-5656

Evenings and weekends, call your local doctor or go to your local emergency room.