

Preparing Your Child for a Kidney (Renal) Biopsy

Your child is scheduled to have a kidney (renal) biopsy on _____ at _____ with Dr. _____.

The biopsy will show your child's kidney problem to help plan their treatment. These guidelines help prepare your child for the biopsy.

Getting Ready

Blood Tests

We will schedule a blood test the morning of the biopsy to check your child for bleeding problems. Your child may be able to have the lab work done a few days before the biopsy. Have your doctor fax the results to us.

Medicines

Do not give your child aspirin or any over-the-counter medicines that may contain aspirin, ibuprofen, or naproxen for 10 days before the biopsy. Aspirin or aspirin-like products can prevent the clotting of blood. You may give your child Tylenol® (acetaminophen) if needed.

Diet

You will receive a call before the procedure to discuss the biopsy and diet instructions.

Day of Procedure

What to Bring

- **Medicines** your child will need the day of the biopsy.
- **A comfort item** such as a special blanket, toy, or pillow, if needed.

Location

Head to the Diagnostic and Therapy Center on the 1st floor of the American Family Children's Hospital.

What to Expect

We will review your child's health history, perform an exam and draw blood. We will place an IV (intravenous line) that gives medicine to help your child relax and to control pain. The medicine will make your child sleepy.

The biopsy takes about 30 to 45 minutes. During the test, an ultrasound is used to help guide us. You may stay with your child during the biopsy or you can also go to the waiting room.

After the Procedure

The nurse will monitor your child's vitals.

As soon as your child is awake, they can eat or drink. Encourage your child to drink fluids. The nurse keeps track of how much your child is drinking.

Your child will need to lie in bed for at least 6 to 8 hours. They can do quiet activities while in bed. They will only be able to get up to go to the bathroom.

If your child needs to go to the bathroom, please tell the nurse. We need to collect and measure each urine sample. It is common to see blood in your child's urine. Most often, this clears within 6 to 12 hours.

Most children can leave at the end of the day, but they may have to stay overnight.

Home Care

Activity: No intense exercise, sports, gym class or heavy lifting for 2 weeks. We will give you a doctor's excuse for gym classes at school.

Rest: Your child should keep resting at home.

Pain control: Your child may have some pain. You may give Tylenol[®] (acetaminophen) as directed.

When to Call

Please call if your child has any of these symptoms:

- Back pain that is new or not getting better each day
- Stomach pain
- Blood in the urine that starts after you have gone home
- Dizziness
- Fever greater than 100.4° F

Who to Call

If you have questions, please contact your provider through MyChart or call your provider listed in your After Visit Summary or After Hospital Care Plan. For a list of UW Health Clinics, visit www.uwhealth.org/.