

## Preparing Your Child for a Kidney (Renal) Biopsy

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

The biopsy is being done to figure out the cause of your child's kidney problem. This helps us decide what the best treatment is. These guidelines help prepare your child for the biopsy.

### Getting Ready

#### Blood Tests

We will need to check your child for bleeding problems before the biopsy. These tests are routine before a biopsy. They are done the morning of the biopsy. You may be able to have the lab work done a few days before the biopsy. Have your doctor fax the results to us. Your doctor will talk with you about this.

#### 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 acetaminophen (Tylenol®) if you need to for any reason.

#### Diet

Our Pediatric Sedation Service will contact you before the biopsy. They will tell you when your child can eat and drink.

### Biopsy Day

#### What to Bring

- Please bring **all medicines** your child will need to take the day of the biopsy with you. You will be able to give your child's own medicines the day of the biopsy.
- A comfort item such as a special blanket, toy or pillow, if needed.

#### Where to Go

Report to the Diagnostic and Therapy Center on the 1<sup>st</sup> floor of the American Family Children's Hospital.

#### What to Expect

Staff will review your child's health history and perform an exam. Your child will have blood drawn and an IV (intravenous line) placed. Your child will receive medicine through the IV to help them relax and to control pain. This medicine will make your child sleepy. They will decide what is the best medicine to use.

The biopsy is done using ultrasound. You may stay with your child during the biopsy. Or, if you prefer, you can also go to the waiting room.

The biopsy takes about 30 to 45 minutes.

## **After the Biopsy**

### **Resting**

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

### **Vitals**

The nurse will check blood pressure and heart rate throughout the recovery. This is routine after a biopsy.

### **Using the Bathroom**

If your child needs to go to the bathroom, please let the nurse know. 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.

### **Diet**

As soon as your child is fully awake, they can have something to drink or eat. The nurse keeps track of how much your child is drinking. Please encourage your child to drink.

### **Discharge**

Most children can go home or to the Ronald McDonald House at the end of the day. A few children may need to stay overnight.

### **Home Care**

If your child goes home or to the Ronald McDonald House, please have your child rest.

### **Activity**

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

### **Pain Control**

Your child may have some pain. You may give acetaminophen (Tylenol®) 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**

Pediatric Specialty Clinic:  
**(608) 263-6420, option 1**

Toll free number: **1-800-323-8942**

After hours, weekends and holidays your call will be answered by the paging operator. Ask for the Pediatric Nephrologist on call. Leave your name and phone number with the area code. The doctor will call you back.

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#4553