

Outpatient Pancreas Transplant Biopsy

A biopsy is often scheduled when you have abnormal blood test results (increased amylase, lipase, glucose levels, or Donor Specific Antibodies.) The biopsy is done to find the cause of the problem, or to make sure there is no rejection. This will help us decide what the best plan is for you. The purpose of this handout is to explain the procedure, how to prepare for it, and how to care for you afterwards. If you have any questions, you can call the Transplant Clinic, or your Transplant Coordinator.

How is a Pancreas Transplant Biopsy Done?

- An ultrasound machine is used to locate the exact place to insert the biopsy needle.
- The area of skin where the needle is inserted is numbed to reduce pain.
- A special needle is inserted through the skin and into the pancreas to obtain a small piece of pancreas tissue.
- The small piece of tissue is sent to the Pathology lab for processing and analysis.

The procedure, including the ultrasound, takes 30 to 60 minutes. However, you will spend most of the day in the Transplant Clinic to prepare and recover after the procedure.

How to Prepare for the Biopsy

- Do not take aspirin, ibuprofen, or any over-the-counter medicines that may contain them the day of the biopsy. You may take acetaminophen (Tylenol®) if you need to for any reason.
- If you are taking any prescription blood thinners, (daily aspirin,

warfarin/Coumadin, clopidogrel/Plavix, apixaban/Eliquis, rivaroxaban/Xarelto, dabigatran etexilate/Pradaxa, or cilostazol/Pletal) please ask your Transplant Coordinator for directions. You may need to be off this drug for a period of time before the biopsy.

- Do not eat anything after midnight on the night before the biopsy. You may have clear liquids up to four hours before the biopsy.
- If you are taking insulin, ask your Transplant Coordinator about your insulin dose for the morning of the biopsy.
- If you want to receive medicine to help you relax, you must have a driver with you. When you receive relaxing medications, you should not drive or make important personal or business decisions until the next day.
- Please bring all of your medicines with you so you can take them after you have blood tests drawn.
- You will be resting on a cart for 4 hours after the biopsy. We suggest you wear loose, comfortable clothes. You may also want to bring a book to read, electronic device for music or internet where Wi-Fi is available, or some other quiet activity to do while recovering.

Biopsy Day

- **Please report to the lab no later than 7:30 a.m.** (unless you have been told to arrive at a different time). Your orders will already be in the lab. Blood tests will be drawn.

- After you have your blood tests drawn, report to the Transplant Clinic.
- An IV will be placed in your arm by the Transplant Clinic staff.
- Transplant Staff will meet with you, review your labs and decide if you can and should have the biopsy.
- The biopsy will be done in the Transplant Clinic or Radiology.
- Plan to be in clinic all day. If your treatment plan does not need staying at UW Hospital, you should be able to leave around 4:30 pm.

After the Biopsy

- Your recovery will include 4 hours of bed rest.
- The biopsy site will be covered by an adhesive strip. A 5 pound sandbag will also cover the biopsy site for the first hour.
- You will have nothing to eat or drink for 1 hour. Then, a bag lunch will be served.
- Your blood pressure and pulse will be checked every 15 minutes for the first hour, every 30 minutes for the next 2 hours, and then hourly until you go home.
- After three hours, a blood sample will be taken to check for a sign of possible bleeding.
- Early results may be ready before you leave. These may not be final results. We will discuss a plan for your care with you. This may involve staying in the hospital. You may be asked to stay in Madison overnight to await biopsy results. Final biopsy results will not be ready for 2 to 3 days. A Transplant Coordinator may have to call you to discuss final plan for your care with you over the phone.

After You Go Home

- Only plan for quiet activities for the rest of the day. Do not drive. Do not drink alcoholic beverages.
- You may remove the adhesive strip from the site the next morning and take a shower. You may notice a small amount of bruising or tenderness near the biopsy site. You may expect some local pain for which you can take acetaminophen (Tylenol®).
- No vigorous exercise or heavy lifting (greater than 10 lbs) for 3 days.

If you have any of these symptoms, call the doctor or Transplant Coordinator:

- Pain in the biopsy area that is new or not getting better each day. You can expect to have a bruised feeling for up to 3 days after the biopsy.
- Abdominal pain or back pain that is new.
- Dizziness.
- Fever.
- Unusually low blood pressure.
- If results were not available to you, plan to call your Transplant Coordinator a few days after the biopsy to discuss results and plan for your care.

Phone Numbers

Transplant Clinic, Monday through Friday, 8:00 a.m. – 5:00 p.m. **(608) 262-5420**

On nights and weekends, the Clinic number is answered by the paging operator. Ask for the transplant coordinator on call. Leave your name and phone number with the area code. The transplant coordinator will call you back. Tell the transplant coordinator you had a pancreas biopsy and what problems you are having.

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 © 11/2017 University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7006