

Kidney Transplant Ultrasound and Core Biopsy

Royal Columbian Hospital

You have an appointment for a Kidney Biopsy at Royal Columbian Hospital.

At least 1 week before the test, please read these instructions.

Date: _____

Time: _____

This test helps us check on how well your transplant kidney is working. The test takes about 30 to 60 minutes, however, plan to be at the hospital for at least 6 to 8 hours. You might need to stay overnight.

Where to go

Patient Registration
Main Floor Health Care Centre
Columbia Tower
Royal Columbian Hospital
330 East Columbia Street, New Westminster

Parking

Pay parking is available in parking lots off Columbia Street, Sherbrooke Street, and Keary Street.

Please note: Parking machines accept credit cards. Some accept debit cards and coins.

What to bring to hospital

- BC CareCard (personal health card)
- Photo identification such as a driver's license

One week before your test

Check off (☑) each item as you do them.

- Call to confirm your appointment.

604-520-4642

If you do not read or understand English well enough for medical conversations, let us know when you call. We can book a medical interpreter. You can also bring someone with you to interpret for you.

- Go to the hospital laboratory we told you to go to and get your blood tests done. We send the order for these tests to that hospital laboratory.

We test your blood for hemoglobin, blood clotting time (INR and PTT), and platelets.

*If your blood tests are not done one week before the test, we might not get the results in time. If we do not have the results of your blood test, we have to cancel your test.

- Arrange for someone to drive you home from the hospital after the test.

Medications

Certain medicines and supplements can increase the chance of bleeding. These include blood thinners, Aspirin (ASA), ibuprofen and other anti-inflammatory medicines, certain herbs and diet supplements (gingko, garlic, fish oil).

Your doctor or nurse practitioner gives you instructions on this. You must follow these instructions or your test could be cancelled.

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Day of your test

- Eat a small, light meal before you come.
- Arrive **2 hours before** your appointment.
- Go to Patient Registration to check in.
- Once checked in, go to Surgical Day Care.

Before the test, please let us know if you are allergic to latex or freezing

We move you from Surgical Day Care to Medical Imaging for the test. You lie on your back for both the ultrasound and biopsy.

What happens during the ultrasound?

We use ultrasound (high frequency sound waves) to look at your kidney. We slide an ultrasound probe (special camera) across the skin over your kidney. The sound waves are converted into images of your kidney. We use ultrasound to locate the spot for the biopsy.

What happens during the biopsy?

Biopsy means removing a small piece of tissue from your transplant kidney.

To take a biopsy, the doctor:

- Cleans your skin with a special soap. The soap makes your skin turn pink, but it washes off.
- Injects local freezing into your skin so you do not have any pain during the biopsy.
- With the help of ultrasound, guides the biopsy needle into the transplant kidney. You hear a loud click each time the doctor takes a biopsy. We usually take more than one sample.

*You must lie still during the biopsy.

What to expect after the test

We cover the biopsy site with a bandage.

We send the samples to our Laboratory for testing.

We take you back to Surgical Daycare so we can watch you for 4 to 6 hours before we send you home. You might need to stay overnight.

In Surgical Daycare:

- We check you, your bandage, your blood pressure, and your heart rate.
- We let you know when you can go home, usually once we feel there is little chance of you bleeding from the biopsy site.

Going home:

- We will not let you leave unless you have someone to drive you home.

At home:

- You might have some mild pain and a small bruise on the left side of your lower back after the biopsy. Take plain acetaminophen (such as Regular Tylenol) for pain.
- You might notice some blood in your urine. This should go away over the next week.
- Do not do any strenuous activities such as heavy lifting or heavy exercise for 24 hours after the test.
- Go to the nearest Emergency or call 9-1-1 if:
 - Your blood pressure suddenly drops.
 - You feel faint or pass out.
 - You have severe pain in the biopsy area.
 - You have a fever over 38.5°C (101.3°F).

How do you get your results?

We send your ultrasound test results and the Laboratory sends the biopsy results to your doctor as soon as possible (usually within 2 weeks).