

Kidney Transplant Ultrasound and Core Biopsy

You have an appointment for a kidney biopsy:

Date: _____

Time: _____

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

- | | | |
|--|---|---|
| <input type="checkbox"/> Abbotsford Regional Hospital
32900 Marshall Road
Abbotsford
604-851-4868 | <input type="checkbox"/> Royal Columbian Hospital
330 East Columbian Street
New Westminster
604-523-8886 | <input type="checkbox"/> Surrey Memorial Hospital
13750 96 th Avenue
Surrey
604-585-5666, ext. 775912 |
|--|---|---|

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

One week before your test

- Call to confirm your appointment.
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 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.
- Please follow instructions from your doctor or nurse practitioner about your medications. Follow these instructions or your test could be cancelled.
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).
- Arrange for someone to drive you home from the hospital after the test.

What to do on day of test

Arrive at the hospital at this time: _____

Stop drinking at: _____

Stop eating at: _____

- ☐ **Abbotsford Regional Hospital**
Go to Medical Imaging, 2nd Floor Fraser Wing.
- ☐ **Royal Columbian Hospital**
Go to Patient Registration, Main Floor Health Care Centre, Columbia Tower.
Then, go to Surgical Day Care. We move you to Medical Imaging for the test.
- ☐ **Surrey Memorial Hospital**
Go to Medical Imaging, 1st Floor of Tower A.

Kidney Transplant Ultrasound and Core Biopsy - *continued*

What to expect before your test

Prepare to show these items:

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

You can do these things before the test:

- **Let us know if you are allergic to latex or freezing.**
- Ask the radiologist questions about the test.

What to expect during the test

You lie on your back for both the ultrasound and biopsy.

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 convert into images of your kidney. We use ultrasound to locate the spot for the biopsy.

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.
- Uses ultrasound to guide the biopsy needle into the transplant kidney. You hear a 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 move you to a recovery area before going home. You stay here for 4 to 6 hours. You might need to stay overnight.

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

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 can remove your bandage and shower 24 hours after the test.

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 results and the laboratory sends the biopsy results to your doctor or nurse practitioner as soon as possible (usually within 2 weeks).