

How do I take care of myself at home?

Biopsy site care

- Remove the bandages the day after your procedure.
- You can shower 24 hours after the procedure.

Activity at home

- Resume taking any regular medications (unless your doctor tells you something different).
- Drink plenty of fluids.
- Resume your regular diet.
- **Do not** do any strenuous exercise or lifting anything over 4.5kg (10lbs) for 7 days.
- You might have some minor pain for 1 to 2 days. Take the pain medicine you would usually take for minor aches and pains.

When to get help

Contact your doctor right away if you notice:

- redness, pain, or pus from the biopsy site
- fever above 38.5°C (101°F), aches, chills
- bright red blood or blood clots in your urine (pee) for more than 24 hours after the biopsy
- not able to urinate (go pee)
- sudden urges to urinate or going often, maybe with a burning feeling
- feeling faint or dizzy

Go to the nearest Emergency Department if you cannot contact your doctor.

Locations

Abbotsford-Regional Hospital Medical Imaging, 2 nd Floor, Fraser Wing 32900 Marshall Road, Abbotsford	604-851-4866
Burnaby Hospital Medical Imaging, 3rd Floor 3935 Kincaid St., Burnaby	604-434-4211
Jim Pattison Outpatient Care and Surgery Centre Medical Imaging, 2 nd Floor, 9750 140 th Street, Surrey	604-533-3308 ext. 63926
Lions Gate Hospital Medical Imaging, Lower Level 231 East 15 th Street, North Vancouver	604-984-5775
Peace Arch Hospital Medical Imaging, Main Floor 15521 Russell Ave, White Rock	604-531-5512
Richmond Hospital Medical Imaging, Main Floor 7000 Westminster Hwy, Richmond	604-278-9711
Ridge Meadows Hospital Medical Imaging, Main Floor 11666 Laity Street, Maple Ridge	604-463-1800
Royal Columbian Hospital Medical Imaging, Columbia Tower 330 E. Columbia Street, New Westminster	604-520-4640
St. Paul's Hospital Medical Imaging, 2 nd Floor, Providence Building 1081 Burrard Street, Vancouver	604-806-8006
Surrey Memorial Hospital Medical Imaging, 1 st Floor, Lower Level 13750 96 th Avenue, Surrey	604-588-3308
Vancouver General Hospital GI/GU Department, Jim Pattison Pavilion Station 4, Ground Floor, 855 West 12 th Avenue, Vancouver	604-875-4111 ext. 66972

HealthLinkBC

8-1-1

Call any time you have any questions or concerns. HealthLinkBC is open 24 hours. Available in 130 languages. For an interpreter, say your language in English. Wait until an interpreter comes on the phone.

www.fraserhealth.ca ♦ www.vch.ca

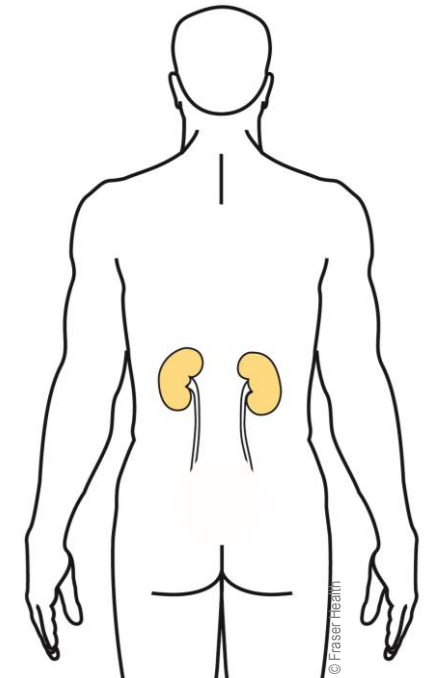
This information does not replace the advice given to you by your healthcare provider.

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Ultrasound Kidney Biopsy

Medical Imaging



What is a kidney biopsy?

A kidney biopsy is a way of taking a small sample of tissue from your kidney using a special needle.

A biopsy is done to identify the type and degree of kidney disease, which then helps guide what would be the best way to treat the disease.

Biopsies can be used to monitor how well treatments are working. Biopsies can also help identify problems or complications following a kidney transplant.

Who will be doing the procedure?

A radiologist does the procedure (a doctor who specializes in image guided procedures).

If you have questions about the procedure, you can ask the radiologist before your procedure.

Can I bring a relative or friend?

Yes, a relative or friend can stay with you before and after the procedure. However, for safety reasons, they cannot be in the room with you during the procedure. We will tell you where they can wait during the procedure.

You must arrange for a responsible adult to drive or escort you home after this procedure.

What do I need to do to prepare for this?

Our Medical Imaging Department contacts you with specific instructions about how to prepare for this procedure.

You might need to stop taking medications before the biopsy. Your doctor tells you which medications to stop taking and when to stop.

What happens during the procedure?

- You are positioned on your front. If you have had a kidney transplant, you are positioned on your back.
- Numbing medicine (similar to dental freezing) is injected into skin by your kidney.
- The biopsy needle is inserted into your kidney. The radiologist uses ultrasound or CT scanning to guide the needle to the location.
- You hear a clicking sound when the tissue sample is taken. We ask you to hold your breath and stay as still as possible while the biopsies are taken.
- At the end of the procedure, the biopsy needle is removed and pressure is placed over the area to prevent any bleeding.
- A bandage is placed over the area where biopsy was taken.

Will it hurt?

Numbing medication is used to keep you from feeling pain while the biopsy is done. You might feel some pressure while the needle is being inserted.

How long will it take?

Every person and situation is different. It usually takes about 45 to 60 minutes to do the procedure.

What happens after the procedure?

We move you to a recovery area for a period of time before going home. You stay here for 4 to 6 hours. During this time, we check your blood pressure and pulse as well as the biopsy site for any signs of bleeding. We will call the person arranged to take you home when you are ready to leave.

Are there any risks or complication?

Any time the skin is pierced or cut, there is a risk of infection. Other possible complications include:

- bleeding at the site
- bleeding around the kidney
- injury to surrounding structures

When will I get the results?

The radiologist can tell you if they obtained a good sample.

Contact the doctor who ordered this procedure for a **follow-up appointment** to find out results.