

## KIDNEY BIOPSY: INFORMATION SHEET

### What to expect:

A kidney biopsy is an outpatient procedure. It is always done with local anesthesia. Mild sedation can be used when thought to be appropriate by your physician or if requested based on your preferences.

- 1) You should report to the **Radiology Care Unit (Rosenberg Building, 3<sup>rd</sup> floor, Radiology reception)** at your scheduled time.
- 2) Your nurse will take blood samples and place an IV in your arm to administer any medications you may need during the procedure.
- 3) The Renal Attending Physician and/or Fellow will meet you there to explain the details of the procedure and have you sign a consent form.
- 4) You will be taken to the Ultrasound suite and the procedure will be performed by the Renal Attending Physician and Fellow. Visitors must stay in the Radiology Care Unit.
- 5) Once completed, you will be taken back to the Radiology Care Unit, where you will be monitored for about 3-4 hours and given pain medications if needed. Less than 20% of patients request any type of pain medication.
- 6) Once you are fully recovered, you will be discharged home. You must be accompanied home by a friend or family member if you have received sedating medications.
- 7) The Renal Attending Physician or Fellow will follow up the biopsy results with you when they become available.

### One week before:

- For 7 days before your biopsy, please do not take pain relievers that can increase the risk of bleeding, such as ibuprofen (Motrin, Advil, Nuprin) naproxen (Naprosyn, Aleve) Celebrex, and Excedrin.
- If you take medicine every day to prevent blood clots or stroke, including daily **aspirin**, warfarin (Coumadin), or clopidogrel (Plavix), you will be given specific instructions about these medicines. Please do not make any changes until you've discussed this with your doctor. But please be sure you **have** talked with your doctor about these medications and you know what to do. If you have any questions, please call us before your procedure. If you do not follow instructions about these medicines, your procedure could be cancelled.
- The Renal fellow will call you with the date and time of your biopsy and answer any questions you might have.
- Make sure to arrange to have a family member or friend accompany you home afterward. If you have been told by your nephrologist that you will not be receiving sedation, this is not necessary but is still preferred.

### The morning of your biopsy:

- Do NOT have anything to eat or drink after 12 midnight the night before the procedure.
- DO take your blood pressure medications, unless instructed otherwise by your nephrologist.
- Do NOT take your short-acting insulin; for intermediate or long-acting insulin, you may take half your normal dose.

### ***Important phone numbers:***

Nephrology Office (617-632-9880)

Radiology Care Unit (617-754-2860)