Kidney biopsy

Care in hospital after a day-care biopsy

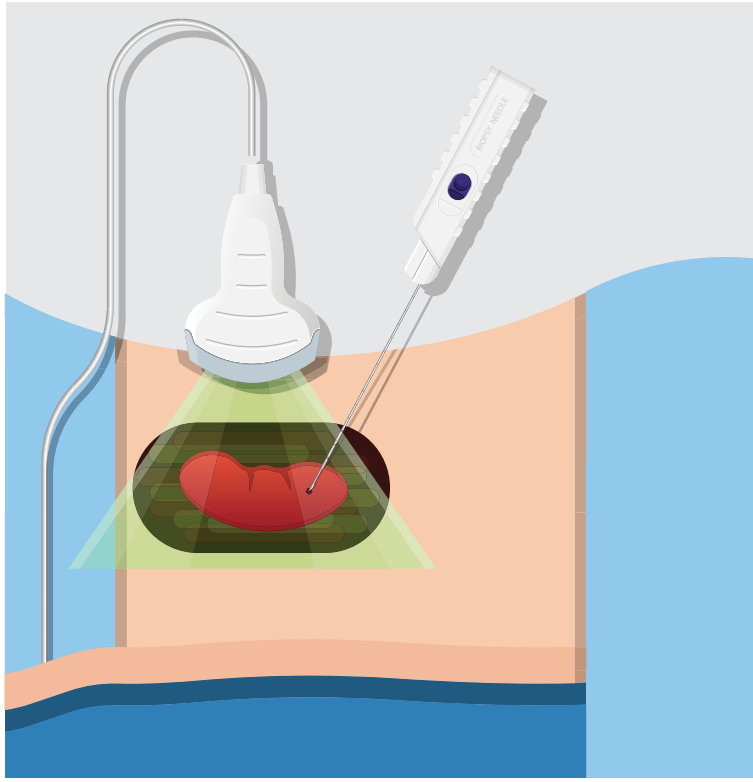
- Patients lie on their backs for a few hours.
- Blood pressure and pulse are monitored and blood samples taken to assess for any blood loss.
- Patients may notice some blood in their urine for 24 hours after the test.
- Most patients go home on the same day.

Home care instructions after a day-care kidney biopsy

- Do not drive until the day after your biopsy.
- Rest in bed until the next morning. Get up only to use the bathroom. Keep steps to a minimum.
- Do not shower or take a tub bath the day of the biopsy.
- Remove biopsy site bandage 24 hours after your biopsy.
- As you shower or bathe, wash the site gently and pat it dry. Do not scrub the site.
- Avoid strenuous activities (heavy lifting, jogging, contact sports, horseback riding etc.) for at least two weeks.

Report to emergency department if you note

- Blood in urine for more than 24 hours after biopsy.
- Heavy bleeding with clots in the urine.
- Bleeding from the biopsy site.
- Redness, pus (thick yellow drainage), swelling at or around the biopsy site.
- Abdominal pain or tenderness.
- Fever.
- Inability to urinate.
- Faintness or dizziness.



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Kidney biopsy

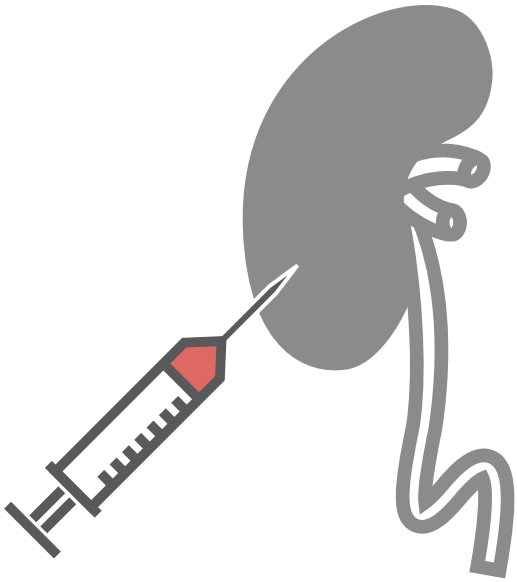
A kidney biopsy is a procedure during which a tiny piece of kidney tissue is taken out from one of the kidneys using a special needle passed through your skin. This tissue, containing filters, is then examined under a microscope for signs of damage or disease.

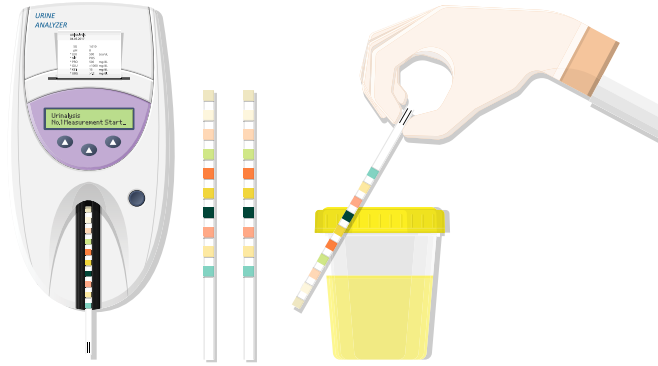
Purpose of kidney biopsy

Kidney biopsy is done to evaluate dysfunction of kidneys (or a kidney transplant), such as:

- Unexplained decrease in kidney function resulting in excessive waste products in the blood
- Persistent presence of blood in the urine.
- Persistent presence of excessive protein in the urine

Examination of kidney tissue helps in establishing the diagnosis and in choosing the best course of treatment.





Preparation for a kidney biopsy

- The risks and benefits of kidney biopsy are discussed by a physician and/ or radiologist. Patients must sign a consent form saying they understand the procedure and the potential risks associated with it.
- Blood tests are done before the procedure.
- Aspirin and other blood-thinning medicines might need to be discontinued about one week before the procedure.

How a kidney biopsy is done

- It will be done in the radiology department.
- Local anesthetic will be given.
- Ultrasound will be used to guide the needle.
- You will be asked to hold your breath during the biopsy for few seconds.