

## Patient Information

### Renal/Kidney Biopsy

#### What is a kidney biopsy?

This is a procedure whereby a small needle is inserted into your kidney under CT or fluoroscopic guidance to collect a small amount of tissue. This is then examined by a pathologist for further assessment of possible diseases. Depending on the nature of the problem we may choose to collect a specimen using a fine-needle or perform a core-biopsy.

#### Preparation

As you may require sedation, you will be required to fast from food for 6 hours prior to your procedure, however you can continue clear liquids up until 2 hours prior. It is important to contact us and let us know if you are taking any blood thinning medications or have an iodine allergy prior to the appointment. We may also ask you to have blood tests prior to your appointment. Please note, that if we do not have a result, your procedure may be rescheduled/cancelled at the discretion of the radiologist.

On the day of your procedure you will be admitted to Day Stay under your private health insurance. You will need to present to admissions on Level 1 and our imaging assistant will bring you down from the ward on a bed.

Blood and urine tests are often taken prior to ensure you do not have an infection or other condition prior to the appointment.

The hospital requires you to have someone pick you up and drive you home once you are discharged. Public transport is not acceptable. *Should your circumstances be that you do not have anyone to accompany you, please contact us immediately to discuss.*

#### How long will it take?

The biopsy will only take about thirty (30) minutes to perform, however, we will want to observe you following the biopsy for up to four (4) hours. The duration of observation will depend on whether a fine-needle or core biopsy has been performed and how well you tolerated the procedure.

#### What to expect

General observations will be taken by a nurse and a cannula may be inserted into a vein. Using the most appropriate imaging technique, planning images will be taken and the radiologist will mark the skin to plan their approach to the biopsy.

After the radiologist has marked the skin, the skin will be cleaned, and then numbed using a form of local anaesthetic. The needle to collect the sample will be placed in position, and the specimen collected.

Once obtained, the specimen will be taken to pathology where it will be examined and a report regarding your sample will be sent to your doctor. Following the biopsy you will be taken to our recovery area for observation. Pain relief will be available if required. You will be conscious throughout the procedure.

#### After Your Examination

As there is some risk of bleeding and possibly some pain following this procedure we like to keep you for observation after the procedure in our observation area. In this area nurses will care for you and give you medication for pain if required. Once our radiology nurses and doctors are happy, you will be sent back to the day stay unit where a handover will be conducted and you will continue to be monitored. The day stay unit will discharge you based on the doctors orders, provided you are well enough to go home. After discharge it is recommended that you undertake quiet activity for the next forty-eight (48) hours.

A small waterproof dressing will be placed over the needle site. Please leave this on for the next 24 hours. You may shower, but avoid baths and swimming.

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For your comfort it is recommended you:

- Take it easy for the next forty-eight (48) hours
- Resume your normal activities as limited by pain

The biopsy site may be painful following the procedure but this should last only a few hours, and simple analgesia such as Panadol may be taken to reduce your discomfort. If you received sedation, the medication may still have some effects on your body for the next twenty-four (24) hours, so you may feel a little sleepy. This feeling should slowly wear off and therefore it is recommended that for the next twenty-four (24) hours you don't:

- Drive a motor car or bike.
- Drink any alcohol.
- Make important legal decisions.
- Travel alone on public transport.
- Travel alone unaccompanied.
- Care for your dependents on your own.
- Engage in sport, heavy work or lifting.
- Use hazardous machinery.

### Possible Side-Effects and Complications

One of the advantages of performing the biopsy under imaging is to decrease the risk of damage to adjacent organs, however, side effects and complications may still occur from this procedure.

The main ones are;

- Localised pain. You may feel tender or sore for a few days.
- Blood in your urine - you may see bright red blood in your urine in the first 24 hours after the test. If the bleeding lasts longer, please contact North Shore Radiology or your referring provider.

Rarer complications include:

- Infection.
- Bleeding into the muscle.
- Bleeding from the kidney (in rare cases, this may require a blood transfusion)
- Inconclusive results (Occasionally, the pathology on the specimen may be inconclusive leading to the need for further biopsy or procedure).
- Please note; as with all medical procedures, unexpected complications may occur, including death.

If any of the following develop, you should contact us on (02) 9170 4500 during office hours, or contact your referring doctor or nearest emergency department.

- Severe pain
- Rapid pulse and feeling faint on standing
- The needle site is warm to touch or redness and swelling at the needle site.

### Questions?

*You will be given the opportunity to ask any questions of the technicians or radiologist at the time of your procedure, however if you have any queries prior to the appointment, please feel free to contact us by phone or email – 02 9170 4500 or [contact@nsrnm.com.au](mailto:contact@nsrnm.com.au)*

If you have any questions regarding **why** the biopsy is required, these should be directed to your specialist or the doctor looking after you. We are happy to re-schedule your booking so you can discuss it with your doctor.