Ultrasound Guided Biopsy
Kidney Mass Biopsy

Your doctor has scheduled a biopsy of an area on one of your kidneys. This will be done on ______________. Please register for the procedure at Radiology G3/3 on the 3rd floor at___________ am/pm. Before the biopsy, our doctors will explain what will happen, answer any questions, and ask you to sign a consent form.

What Is a Biopsy Done by Ultrasound?
A biopsy removes a small tissue sample from the area of concern. The procedure is guided by the use of ultrasound. Ultrasound looks at deep structures by making an image from the sound waves which reflect back from the tissues. No radiation or “x-ray” is used.

How to Prepare for the Biopsy
- You are prepared for your procedure in our prep and recovery area before your biopsy. We will start an IV and take your blood pressure, pulse, respirations, and temperature. This makes sure you are safe to have the procedure and can be given sedation.
- You may have lab tests done on the day of the procedure. We may draw blood for a platelet count and INR. This will be done when your IV is started or in some instances we may request this to be done in the lab prior to registration.
- Please tell us if you take blood thinners such as Coumadin® (warfarin), Heparin, Plavix®, Pradaxa®, Ibuprofen, Naproxen, low molecular heparin injections (Fragmin® or Lovenox®) or daily aspirin. Someone from ultrasound will call your doctor and let you know when you should stop taking it and when you should start again.
- If you have diabetes, please call your doctor to talk about how your medicine doses should change before this procedure. Test your blood sugar more often when you can’t eat as well as before the procedure. If your blood sugar level is low (less than 70 mg/dl) or you have symptoms, eat some glucose tablets or drink 4 ounces of a clear liquid with sugar. Always recheck your blood sugar level to make sure it stays above 70. We may still be able to do the procedure unless you need to eat solid food to keep your blood sugar at a normal level. If the blood sugar ever gets too high or too low and you can’t bring it back to normal, call your local doctor or diabetes doctor.
- **Stop eating at ________ the day of the procedure.** You may drink clear liquids until ________ the day of the procedure. Clear liquids include black coffee, tea, water and juices without pulp that you can see through.
- **You are awake for the procedure.** You may be given the medicines Midazolam and Fentanyl in your IV
before the procedure to help mildly sedate you. **Please tell the nurse if you have sleep apnea. Someone must drive you home if you receive any medicines. You should not drive or make important personal or business decisions until the next day.**

**During the Biopsy**

Be sure to tell the radiologists if you have any allergies (medicine, antibiotics, anesthetic agents, etc.).

An IV will be used to give you fluids.

After a review of your x-rays the radiologist, uses an ultrasound and marks an area that shows the best place to insert the needle. After this, the area is cleaned with special soap. The skin around the site is numbed so you will have little pain. Most patients feel pressure, but not major pain. You may be positioned on your back, side, or stomach.

Under ultrasound, the tissue sample is taken out using a special needle. One to three samples may be taken. The tissue sample is then sent for exam under the microscope.

**After the Biopsy**

- A bandage is put on the site where the tissue sample was taken. You will remain in bed for 2-4 hours. During this time you are able to get up to use the bathroom. Call the nurse for help if you need it. Your pulse, blood pressure, and biopsy site are checked often. After 2-4 hours, you will be able to go home if there are no problems.
- After the local anesthetic wears off, you may feel some discomfort at the site. Your pain should not be severe, but is often described as somewhat sore. If you have discomfort, use Tylenol® up to 3 times daily. You may talk to the doctor or nurse if you have questions about the dose. The pain should go away within the first 24 hours.
  - You are not able to eat or drink for 1 hour after the procedure.
  - Tell the nurse if you have new pain, nausea, vomiting, or chills.

**Your Care at Home**

- You may eat or drink what you like once you arrive home. Do not drink alcohol for the first 24 hours.
- Rest and take it easy for the first 24 hours. Do not lift greater than 10 pounds. Resume your normal routine after 24 hours.
- You may remove the bandage over the site the next morning.
- You may shower after 24 hours.

**When to Call the Doctor**

Call if you have any other questions or concerns, or if:

- You have more than a teaspoon of bleeding at the site.
- You feel dizzy, faint, or light-headed.
- Your pain around the site gets worse rather than better 2-3 days later.
- You are not feeling well and have a fever greater than 100.4° F (38° C).
- Blood in your urine that is worsening after 2 days.
Phone Numbers
During the day (7:30am – 4:30pm) call the Ultrasound department (608) 262-5279 or nurse (608) 261-5634.

If you live out of the area, call toll free: 1-800-323-8942. Ask for Ultrasound.

Evenings and weekends call your local doctor or go to your local emergency room.

Your doctor will discuss the results with you when they are available.