Outpatient Transplant Kidney Biopsy

A biopsy is often advised when your creatinine is elevated. It may also be needed if you are in a desensitization protocol. The biopsy is done to find the cause of your kidney problem, or to make sure there is no rejection. This will help us decide what the best plan is for you. The purpose of the handout is to explain the procedure, how to prepare for it, and how you care for yourself afterwards. If you have any questions, you can call the Transplant Clinic.

How is a Transplant Kidney Biopsy Done?
The area of skin where the needle is inserted is numbed to reduce pain. An ultrasound machine is used to locate the exact place to insert the needle. A special needle is inserted through the skin and into the kidney to obtain the kidney tissue. A small piece of tissue is taken and looked at under a microscope.

The procedure, including the ultrasound, takes less than half an hour. But, you will spend most of the day in the transplant clinic to prepare for and recover after the procedure.

How to Prepare for the Biopsy
1. Do not take aspirin, ibuprofen, or any over-the-counter medicines that may contain them the day of the biopsy. You may take Tylenol® if you need to for any reason. You should stop aspirin for a week before your biopsy, unless you are on it for a heart attack, stroke or vascular stent. If you have any questions about whether you should stop the aspirin, call and talk to your coordinator.
2. If you are on a blood thinner like warfarin (Coumadin®) or clopidogrel (Plavix®) be sure to discuss with your transplant coordinator before the biopsy. You may need to be off this drug for a period of time before the biopsy.

3. Plan to have a driver with you. If you receive any IV medicine to help you relax, you should not drive or make important personal or business decisions until the next day. If you do not receive medicine to help you relax, you may be able to drive yourself home.

4. Do not eat solid foods after 4:30 am the morning of the biopsy. You may have clear liquids up until 6:30 am the morning of the biopsy. If you have diabetes, ask your transplant coordinator about your insulin dose for the morning of the biopsy.

5. If you take blood pressure pills in the morning, take them as usual with a small sip of water.

6. Please bring all of your medicines with you so you can take them after you have blood tests drawn.

7. You will be resting on a cart for 4 hours after the biopsy. We suggest you wear loose, comfortable clothes. You may also want to bring a book to read or some other quiet activity to do while recovering.

**Biopsy Day**

1. **Please report to the lab at 7:30 a.m.** (unless you have been told to arrive at a different time). Your orders will be in the lab. Blood tests will be drawn.

2. After you have your blood tests drawn, report to the transplant clinic.

3. An IV will be placed in your arm in the transplant clinic. Staff will review your labs and decide if you can and should have the biopsy.

4. The biopsy will be done in the transplant clinic between 10:30 am and noon.

5. Plan to be in clinic all day. You should be able to leave around 4:30 pm.
After the Biopsy
1. Your recovery will include 4 hours of bed rest.

2. The site will be covered by a Band-Aid®. A sandbag will also cover the biopsy site for the first hour.

3. You will have nothing to eat or drink for 1 hour. Then, a bag lunch will be served.

4. Your blood pressure and pulse will be checked every 15 minutes for the first hour, every 30 minutes for the next 2 hours, and then hourly until you go home.

5. After three hours, a blood sample will be taken.

6. Results may be ready before you leave. These may not be final results. We will discuss a plan for your care with you. This may involve staying in the hospital. Your transplant coordinator may have to call you the following business day with some final results.

After You Go Home
1. For the rest of the day, plan quiet activities. No driving. Do not drink alcoholic beverages.

2. You may remove the Band-Aid from the site the next morning and take a shower. You may notice a small amount of bruising or tenderness near the site. You may expect some local pain for which you can take Tylenol®.

3. No vigorous exercise or heavy lifting (greater than 10 lbs) for 3 days.

4. If you have any of these symptoms, call the doctor.
   - Pain that is new or not improving each day. You can expect to have a bruised feeling.
   - Abdominal pain
   - Blood in the urine that develops after you have gone home
   - Dizziness
   - Fever

5. If results were not available to you, plan to call your coordinator a few days after the biopsy to discuss results.
Phone Numbers

Transplant Clinic, Monday through Friday, 8:00 a.m. – 5:00 p.m.  (608) 262-5420

Nights and Weekends, the clinic number is answered by the paging operator. Ask for the transplant coordinator on call. Tell the transplant coordinator you had a kidney biopsy and what problems you are having.

If you live out of the area, call 1-800-323-8942. Ask for the transplant coordinator on call.

Spanish HFFY   #7352

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 3/2015. University of Wisconsin Hospital and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#6753