

Kidney biopsy

Information for patients and their families

What is a kidney biopsy?

A procedure performed using local anaesthetic and ultrasound to insert a fine needle and obtain a sample of kidney tissue.

Why do I need a biopsy?

To check for any renal (kidney) disease so the best treatment can be given for you. Although blood, urine and other tests are very useful, it is sometimes not possible to determine the cause of kidney disease without taking a small piece of the kidney. Looking at the structure of this sample of kidney under the microscope nearly always allows a precise diagnosis to be made and appropriate treatment to begin.

Important information

You must tell your doctor if you:

- are taking aspirin, nonsteroidal anti-inflammatory medication, blood thinners, or alternative medicines (herbal)* including those listed in the table below
- have allergies to medications or anaesthetics
- have bleeding problems/conditions
- are, or might be, pregnant.

*nps.org.au/australian-prescriber/articles/drug-interactions-with-complementary-medicines-1

Anticoagulant	Antiplatelet	Nonsteroidal
Warfarin	Aspirin	Ibuprofen
Apixaban	Clopidogrel	Naproxen
Rivaroxaban	Clopidogrel + aspirin	Celecoxib
Dabigatran	Ticagrelor	Diclofenac
Complementary	Prasugrel	Indomethacin
Fish oil	Ticlopidine	
Tumeric	Dipyridamole	
Ginkgo biloba	Dipyridamole + aspirin	
Evening primrose oil	Cilostazol	
Vitamin E		



Before the procedure

The doctor will:

- take a medical history; please tell the doctor if you have any allergies or relevant medical conditions that may affect the procedure
- give you instructions on when to stop any medications
- explain the procedure and possible risks involved
- ask you to complete a “Consent” form to say you understand and give permission for the procedure
- request blood tests that need to be completed as close as possible to the biopsy day
- need to discuss your blood pressure medications to ensure they are taken correctly
- need your blood pressure controlled for this procedure.



Procedure

You do not need to fast unless your doctor tells you otherwise.

Percutaneous biopsy (fine needle puncture through the skin):

- you will need to lie on your stomach (note: you will need to lie on your back if the biopsy is of your transplanted kidney)
- the biopsy may be taken from either the left or right side
- the procedure may take about 30 minutes
- you will be given local anaesthetic to numb the area where the needle is inserted
- the doctor will use an ultrasound machine to guide the needle and take two or three samples of the kidney tissue.



Unless otherwise instructed, please take your usual medications on the day of the biopsy including any blood pressure medications.

After your procedure:

- you will be required to lie flat for four hours to reduce the risk of bleeding
- a nurse will make observations and check the biopsy site regularly; tell the staff if you have any pain
- any urine passed will need to be seen by nursing staff to check for blood before discarding
- you may be asked to drink extra fluids to 'flush' the kidneys, unless fluid is restricted
- mild aching in the biopsy area is usual and should be treated by paracetamol if necessary.

Discharge from hospital

- you should be discharged the same day as the biopsy, but may be required to stay overnight
- you cannot drive yourself home after the biopsy: get someone to take you home
- please ensure you have a follow up clinic appointment with your specialist – results can take seven to 10 days
- let the doctor know if you need a medical certificate
- check with your doctor when you will be safe to return to work
- check with your doctor when to restart any medications that were stopped.

When at home

Seek medical advice if you have:

- increasing pain at the site or in the groin, abdomen or back
- bleeding or oozing (pus) from the site
- any visible blood in your urine
- signs of urine infection – 'burning', difficulty or frequency passing urine
- swelling or redness at the biopsy site dizziness
- high temperature (fever).

Wound care

- remove your dressing after 24 hours, report any of the above signs.

Avoid

- heavy lifting (more than 5kg) or vigorous exercise and contact sports for at least seven days after biopsy
- sexual activity for seven days.

If you have any concerns after the procedure, please contact the Renal Department or go to your GP.



Contact

Concord Hospital

Renal Department
Hospital Road, Concord NSW 2139

Phone: 02 9767 6447 (business hours)
slhd.nsw.gov.au/concord/departement-renal.html

Royal Prince Alfred Hospital

Kidney Centre
Missenden Road, Camperdown NSW 2050

Phone: 02 9515 1714 (business hours)
slhd.nsw.gov.au/rpa/kidney-centre/default.html

Please dial 000 in an emergency