Collection of kidney tissue

Kidney biopsy

azdelta

Uw ziekenhuis.

Dear patient,

You have just been informed that a kidney biopsy is required. The purpose of this leaflet is to inform you about exactly what a kidney biopsy is, what preparations are needed and how all of this will be done (during the procedure as well as afterwards). If you need additional information, please do not hesitate to contact the Renal Ward. You will find the contact details on the back of this leaflet.

The Department of Nephrology

1 What is a kidney biopsy?

A kidney biopsy is performed by a doctor in the Department of Nephrology. Ultrasound (a technique that uses sound waves to build up an image of the organs) is used to determine the correct location for a puncture.

One or more small pieces of kidney tissue (biopsies) are then removed for further investigation. A few days later, the result is known, and the doctor can make a definitive diagnosis and discuss the treatment options with you.



An ultrasound machine

2 What preparations are needed?

Three categories of medications may not be taken one week beforehand and so must be stopped then:

- NSAIDs (anti-inflammatories) such as: Voltaren®, Ibuprofen®, Diclofenac®, etc.
- Anticoagulants (anticoagulant medication) such as: Marcoumar®, Marevan®, Sintrom®, Lixiana®, Xarelto®, Eliquis® and some other medications that have anticoagulant effects.
- Platelet inhibitors, such as: Asaflow®, Aspirin®, Ticlid®, Clopidogrel®, etc.

The doctor will tell you exactly when you must stop the medication and when you can take the medication again.

3 Course of the procedure

You will be admitted to the kidney disease department for at least 24 hours. On the day of the biopsy, blood will be taken to check for blood clotting. This is important in order to minimise the risk of bleeding, which is rare. Your blood pressure will also be checked.
If you are very nervous, report this to the nurse. Stress and tension affect your blood pressure, and sometimes you need to take medication for this. You do not need to fast, but we still advise you not to eat or drink anything for two hours before the procedure. You may take your medication with a sip of water at the scheduled times. In order for the biopsy to run smoothly, you will wear a surgical gown. Our logistics service will take you to the procedure in your bed.

You will lie on your belly on the examination table. The doctor applies a gel that feels cold in the area of the kidney and slides the ultrasound machine's probe over the skin to determine the correct location for the puncture.

Afterwards, the skin is disinfected with alcohol and partially covered with sterile drapes. The doctor will anaesthetise the

biopsy site with some injections that may feel uncomfortable, cold, and burning. The doctor inserts a biopsy needle into the skin through a small incision, using the ultrasound machine for guidance. While performing the biopsy, you may sometimes be asked to breathe in or out deeply.

Because only the skin can be anaesthetised and not the kidney, the removal of the kidney tissue can be felt. Patients generally describe it as "barely noticeable" to "slightly noticeable". You should not expect much pain. Once the biopsies are taken, the wound is disinfected and covered with a sterile dressing. The procedure takes about 30 minutes. Afterwards, we will take you back to your room.

4 After the procedure

In hospital

After the procedure, you must stay in bed for 24 hours to reduce the risk of possible post-operative bleeding. This time starts with **six hours of absolute bed rest,** during which you may not get out of bed. **After that, there are 18 hours of relative bed rest,** during which you may get out of bed to use the toilet, but after that, it is best to lie down on the bed again. Once the effect of the local anaesthetic has worn off, the biopsy site may be tender or a little painful. You may ask for a painkiller if needed. If the pain persists or increases, you should at least inform the doctor or nurse. The nurse will check your blood pressure, pulse and the dressing every half hour for the first four hours after the procedure and will monitor whether you can urinate (and/or whether your urine is bloody or not).

The morning after the procedure, a new ultrasound will be done to check that everything is okay. A blood sample will also be taken that morning. If no other tests or treatments are needed, you may return home during the day. It is preferable to have someone pick you up, and you should avoid driving a car yourself.

At home

Take it easy at home for the first few days. Avoid heavy physical exertion during the first week and do not lift heavy loads. If you experience a lot of pain at home that does not decrease or even increases, contact your general practitioner or contact the nursing ward where you were admitted by telephone.

5 The main side effects

Because a kidney is an organ very rich in blood, a kidney biopsy carries an increased risk of bleeding during the procedure or in the first hours afterwards (a risk of less than 5%). The blood may accumulate in the tissues surrounding the kidney and cause the skin around the biopsy site to discolour. The accumulation of blood will usually resolve spontaneously after a few days, without additional treatment.

The kidney may also bleed on the inside, causing sudden (severe) pain and blood loss through the urine. Such bleeding usually stops spontaneously, but nevertheless requires special attention. In exceptional cases, additional testing or treatment will be necessary.

Always inform the nurse if you notice that your urine turns red after a kidney biopsy.

6 Cost

If you have any questions about the cost of a kidney biopsy, please contact the invoicing department.

Contact

Renal Ward
t 051 23 74 76

www.azdelta.be

Source: Department of Nephrology

Physicians

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