



Renal Biopsy

Your doctor has asked us for a renal biopsy to be performed.
We have designed this brochure to help you prepare for this procedure.

What is a Renal Biopsy?

A renal biopsy is a procedure where samples of kidney tissue are obtained through a needle inserted under ultrasound guidance. The tissue obtained is sent to a specialist Pathologist to be analysed.

Preparation

- You will be given instructions by our booking staff regarding the time of your appointment and any necessary preparation.
- Please bring any previous x-rays and CT or MRI scans if they were not performed at St Stephen's Medical Imaging.
- You need to notify us and your referring doctor if you are on blood thinning medications or injections (eg aspirin, warfarin, coumadin, Plavix or Clexane etc.) or if you are taking fish oil or krill oil as these also increase the risk of bleeding. These medications may need to be stopped for several days prior to your procedure.
- You need to fast for 4 hours prior to the procedure. You may take your normal medication with a sip of water.
- Please shower on the morning of your procedure before coming to the hospital.

Procedure

- You will be changed into a gown and taken into an ultrasound room in the radiology department.
- The skin over the kidney will be cleaned with an antiseptic solution and numbed with local anaesthetic for your comfort. You may be given intravenous sedation which will make you calm and relaxed during the procedure.
- The specialist Radiologist or Nephrologist will insert a needle into the kidney using ultrasound images for guidance and several samples of kidney tissue will be taken. The needle is then removed and a dressing applied.

Post procedure

- You will return to day surgery as you need to rest for at least 2 hours after the procedure to minimise the risk of bleeding. During this time your vital signs will be monitored and the dressing checked by the nursing staff.
- You will need to have someone drive you home upon your discharge and you should rest for the remainder of the day.
- A simple pain killer such as paracetamol should be sufficient if there is any discomfort once the local anaesthetic wears off.
- You may have a shower but should avoid any strenuous activity for at least 5 days until the wound fully heals. The dressing can be removed the day after the procedure.
- The samples will be sent to a pathology provider and the results of the biopsy will be sent to your referring doctor who will discuss them with you.



If you experience excessive pain, fever, fluid leakage or other adverse symptoms please contact our clinic nurses directly on **07 4124 3133** between 8.00am and 5.00pm or your referring doctor. After hours please present to the emergency department at either Hervey Bay or Maryborough Hospital.