

CHATTANOOGA ■ I M A G I N G

(423) 553-1234

Your appointment is scheduled for: Date _____ Time _____

Ordering physician _____ Diagnosis _____

Copy of report sent to _____

Thank you for choosing Chattanooga Imaging. The following information will assist you in understanding your diagnostic procedure.

Kidney Biopsy

What Is a Kidney Biopsy?

In a kidney biopsy, the physician examines a small piece of tissue from your kidney for signs of damage or disease. A special needle is used to remove the tissue from the kidney. The physician decides to do a kidney biopsy after tests suggest that the kidney is not functioning properly. Looking at the kidney tissue itself is the best way to determine whether the kidney is healthy or what is causing it to become damaged.

What to Expect

You will lie on an exam table, and a nurse will insert an intravenous line through which you will be given a sedative. The physician will mark the outline of your kidney and inject a local anesthetic to numb the area. The physician will then make a small incision, insert the biopsy needle, and retrieve a sample of kidney tissue. In some cases, the physician may use an ultrasound image of the kidney to help guide the needle to a specific location.

You will need to remain very still so that the proper area is biopsied. The physician will ask you to hold your breath for 5 to 10 seconds while the needle is inserted into your kidney. You may feel pressure and a dull pain. The entire procedure takes about 20 minutes. After the biopsy, the physician will put a bandage over the incision and ask you to lie in the recovery room for about 4 hours. The nurse will monitor your vital signs and level of pain.

You will need to arrange for someone to take you home, as you will not be allowed to drive after taking the sedative. You must go directly home and remain in bed (except to use the bathroom) for 4 to 6 hours, depending on your physician's instructions. You must avoid exertion for the week following the biopsy so the incision and kidney can heal. You can expect a little soreness at the incision site, but this should disappear within a few hours or days. Your physician may recommend that you take Tylenol for pain, but you **must not** take aspirin or ibuprofen for the first week after surgery, as these medicines decrease blood clotting, which is crucial for healing.

As with any surgery, a kidney biopsy does have some risks, such as infection, bleeding, and pain, but these complications are rare.

Patient Preparation

Before scheduling your biopsy, your physician will order blood samples to make sure your blood clots properly. Be sure to mention any medications you are taking, especially those that affect blood clotting, like blood thinners. One week before the procedure, you must stop taking aspirin, ibuprofen, Plavix, and anticoagulants.

You must not eat or drink anything for 8 hours before the biopsy. You should plan to arrive at our facility about 30 minutes before the scheduled time of your procedure. Your physician will tell you whether to take your regular medications during the fasting period and may give you other special instructions.

If you have any questions, please call us.

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