

# Kidney Biopsy

Renal

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.



**If you have symptoms suggestive of Coronavirus; a high temperature, a new continuous cough or a reduced / change in your sense of smell or taste - please get a Coronavirus test and stay at home.**

## Introduction

This leaflet tells you about having a kidney biopsy. Please read it as well as talking to your doctor.

## What is a kidney biopsy?

A kidney, or renal, biopsy means removing a very small sample (about half a matchstick in size) from one of your kidneys using a special needle. The sample can then be tested under a microscope to find out the cause of your kidney disease.

## Why do you need to have a kidney biopsy?

You will know that blood or urine tests have shown that your kidneys are not working properly. A biopsy may find the cause of the kidney disease and be able to determine the best treatment.

## Where is it done?

The biopsy will usually be carried out in the ward, in a special procedure room. It takes about 30 minutes or less and will usually be done under local anaesthetic, so you will remain awake. You can eat and drink normally before and after the biopsy is done.

## Consent

We must seek your consent for any procedure or treatment beforehand. Your doctor will explain the risks, benefits and alternatives where relevant before they ask for your consent. If you are unsure about any aspect of the procedure or treatment proposed please do not hesitate to ask for more information.

## What are the benefits of having a kidney biopsy?

A biopsy could help to find out what is wrong with your kidneys and decide about the correct treatment. It may avoid you being given unnecessary treatment which could have side effects, and it may prevent further harm being done to your kidneys by being given the wrong treatment.

Occasionally a second kidney biopsy may be recommended, by the responsible physician, at a later date (less than 1 in 100 biopsies), to revisit the diagnosis or to obtain a better tissue sample.

## Are there any risks of a kidney biopsy?

The risk of a serious complication is small. The main risk is that the biopsy needle can damage the kidney or other parts of the body nearby. Your doctor has recommended a kidney biopsy because it is felt that the information from the biopsy makes this small risk worthwhile and it is important that you agree about this.

Bleeding is the most serious complication. You will have a blood test before the biopsy to make sure your blood clots normally. It is important that you tell your doctor if you have any problem with easy bleeding or bruising, or if you are taking tablets that can affect bleeding such as Aspirin, Clopidogrel, Dipyridamole, Warfarin, Heparin, Rivaroxaban or Apixaban. Normally these will need to be stopped several days before the procedure. You should also tell your doctor if you are allergic to antiseptic such as Iodene.

In about 1 in 10 biopsies there is visible bleeding in the urine that settles by itself. In less than 1 in 50 to 100 biopsies there is more bleeding that requires a blood transfusion. In less than 1 in 500 biopsies the bleeding may continue and require urgent X-ray procedures to stop the bleeding (embolisation).

In less than 1 in 3000 biopsies the kidney may have to be removed to stop the bleeding. Although deaths have occurred following complications of biopsies, this is extremely rare.

## How is it done?

You will usually be asked to lie face down on the bed or couch, with a pillow under your stomach. Usually the exact position of the kidney will be found using an ultrasound machine. The skin on your back, over the kidney, will be cleaned with antiseptic and local anaesthetic will be injected into the skin. It may sting at first but, once the skin is numb, more local anaesthetic is injected around the kidney. The biopsy needle will then be passed through the numb area and the kidney sample taken. You will be asked to hold your breath for a few seconds, as the kidney moves during breathing. You should usually not be aware of any pain from the biopsy needle but you may feel a little pressure and hear a clicking sound when the biopsy sample is taken.

The doctor may ask to take two or three biopsy samples and occasionally it will not be possible to remove a suitable bit of kidney.

## What happens afterwards?

Afterwards you will be asked to rest in bed for at least six hours. Your pulse and blood pressure will be monitored and when you pass urine it will be tested for bleeding. During this time you can eat normally and will usually be encouraged to drink plenty of fluids. When the local anaesthetic wears off you may feel some pain in your back due to slight bruising, for which you can be given a mild pain killer.

A provisional result of the biopsy should be available within 24 to 48 hours but the full report may take longer, and the results will be discussed with you during a follow up outpatient appointment.

## When can I go home?

If you feel well after the biopsy and have no pain or bleeding, you may be able to go home later that day or the following day to rest. After the biopsy, you should avoid exercise for 48 hours. If you develop severe pain around the kidney or any blood in the urine, you should contact the ward straight away.

You should avoid driving for 48 hours and you should be able to return to work after 5 working days, however you should avoid lifting or moving heavy objects for 2 weeks.

## What are the alternatives to a kidney biopsy?

A biopsy is usually the last test to be done to work out what is wrong with your kidneys because the other tests have not provided the answer. Without a biopsy your doctor may not be able to advise the best treatment for you. Your doctor should be able to tell you what changes in treatment could be made for your kidneys, if you decide not to have a biopsy taken first.

## What do I do if I have any other questions?

If you are not completely clear about what is to be done, we will be happy to discuss it further. In this case please contact your Consultant's secretary on 01902 695452 and we will contact you to answer your questions. Office hours are Monday – Friday, 9am – 5pm.



## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。