

A **kidney biopsy** is a procedure to sample your kidneys for analysis.

Reasons for doing a kidney biopsy

Many kidney diseases produce similar symptoms and laboratory abnormalities, therefore the only way to diagnose your condition may be a kidney biopsy.

Specific reasons to do a kidney biopsy include:

- Blood in the urine (hematuria)
- Protein in the urine (proteinuria)
- Abnormal blood tests
- Change in kidney function with no identifiable cause
- To evaluate a transplanted kidney
- To determine treatment or if treatment has been effective

Getting ready for the biopsy

- Your health care provider will explain the kidney biopsy, why it is necessary, its benefits and risks
- Make a list of your questions about the biopsy
- You will sign an informed consent to authorize the procedure
- Your physician may advise you to stop certain medications 7-10 days in advance. These may include aspirin, over-the-counter pain medications, and/or blood thinners
- Your doctor may adjust your regular medications before the biopsy
- Do not eat or drink for 12 hours before the procedure

Risks of kidney biopsy

A kidney biopsy, like most medical procedures, has some associated risks. The most common risks are bleeding and infection.

How the biopsy is done

A kidney biopsy is often done as an outpatient procedure in a clinic or hospital. Light sedation is usually required.

The doctor will position you for easy access to your kidney. You may be lying face down or on your back.

Needle biopsy

- Local anesthetic will numb the area of the biopsy
- You will hold your breath as the doctor performs the biopsy
- A thin needle will be inserted to biopsy your kidney

Surgical biopsy

Surgical biopsies are performed by a surgeon in an operating room.

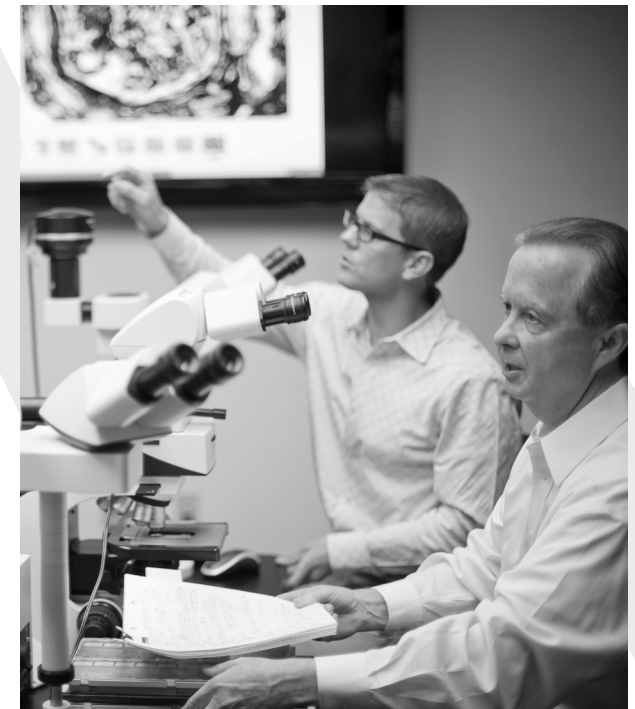
After the biopsy

- Rest in bed as directed by your doctor
- Your blood pressure and pulse will be monitored
- Blood tests may also be performed
- Your doctor will determine when you can go home, and instruct you about restricting physical activity

What happens to my biopsy?

Your biopsy will be sent to Arkana Laboratories in Little Rock, Arkansas, a specialized laboratory where sophisticated equipment is used to process your biopsy.

Specially trained doctors (kidney pathologists) at Arkana Laboratories will interpret your biopsy and discuss the results with your doctor. jackj



Quick Facts

Before the kidney biopsy:

- Understand the need for a biopsy and its risks and benefits
- Sign a consent form
- Tell your doctor about allergies and medicines you take
- Avoid aspirin, over-the-counter pain medications, or blood thinners
- Avoid food and fluids for 12 hours before the biopsy

After the kidney biopsy:

- Rest in bed as directed
- Follow your doctor's instructions

Tell your doctor if you have any of the following after the biopsy:

- Fever
- Faintness or dizziness
- Change in urine color (red or dark brown)
- Unable to urinate
- Worsening pain at the biopsy site



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Kidney Biopsy

A Guide for Patients

