



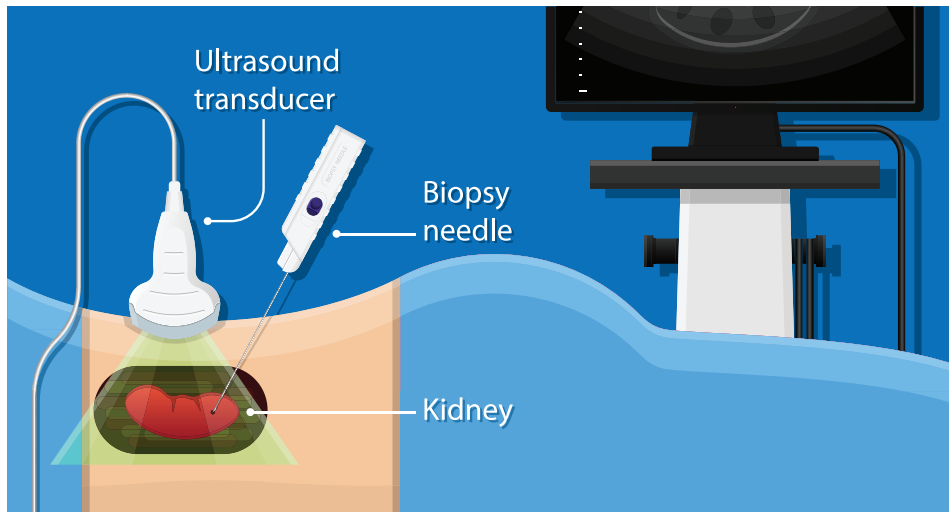
KIDNEY (RENAL) BIOPSY

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WHAT IS A KIDNEY (RENAL) BIOPSY ?

- Kidney or renal biopsy means removing a very small piece (a few millimeters in length) of tissue, from one of your kidneys using a special needle. This piece would be stained and examined under a microscope to find out the cause of kidney disease.

WHY WOULD YOU NEED TO HAVE A KIDNEY BIOPSY ?

- If the blood or urine tests show that you have a kidney disease, biopsy may find the exact cause of the kidney disease and the doctor can decide the correct treatment for you.

WHERE IS IT DONE ?

- The biopsy will usually be carried out in a procedure room under guidance of ultrasound. It takes about thirty minutes and will usually be done under local anaesthetic, so you will remain awake and the procedure is painless. You can eat and drink normally before and after the biopsy is done.

HOW IS IT DONE ?

- Patient will usually be asked to lie face down on the bed or couch with a pillow under stomach. The exact position of the kidney will be found using an ultrasound machine. The skin on the back over the kidney will be cleaned with an antiseptic and a local anesthetic medicine injected into the skin to reduce pain during the procedure. It may sting at first and once the skin is numb, the procedure will be painless. More local anesthetic is then injected around the kidney. The biopsy needle will then be passed through the numb area and the kidney sample is taken. You will be asked to hold breath for a few seconds as the kidney sample is taken. You would not usually have much 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 will usually take 2 or 3 biopsy samples, but occasionally it may not be possible to obtain a suitable sample (in about 10% of cases.)

WHAT HAPPENS AFTERWARDS ?

- Afterwards, you will be asked to rest

in bed for 24 hours. Your pulse and blood pressure will be monitored, and your urine needs to be checked for bleeding. During this time, you can eat normally and will usually be encouraged to drink fluids. When the effect of local anaesthetic wears off, you may feel some pain in the back due to slight bruising, for which you may be given a mild painkiller.

- The full biopsy report may take one-week time unless it is an emergency. If you feel well after the biopsy and have no pain or bleeding, you will be allowed to go home the following day.
- After the biopsy you should avoid physical exercises for 48 hours and if you develop severe pain around the kidney or any blood in the urine, you should contact the Nephrology unit straight away. You can resume your normal activities after one week.

WHAT ARE THE RISKS OF A KIDNEY BIOPSY ?

- The risk of a serious complication is small. The main risk is that the biopsy needle can cause bleeding from 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 with this.

- Bleeding is the most serious complication. You will have blood test before the biopsy to make sure that your blood clots normally. It is important that you tell your doctor if you have any problems of easy bleeding or bruising, or if you are taking tablets that can affect bleeding such as ASPIRIN, CLOPIDOGREL or WARFARIN. Normally these will need to be stopped a few days before the procedure as advised by doctor. You should also tell your doctor if you are allergic to antiseptic containing IODINE.

- **Bleeding:** In about 1 in 10 biopsies, there is visible bleeding in the urine that settles on its own. In less than 1 in 50 biopsies, there is more bleeding that requires a blood transfusion. In less than 1 in 1500 biopsies, the bleeding may continue and require urgent x-ray tests or even an operation to stop the bleeding. In less than 1 in 3000 biopsies, the kidney may have to be removed to stop the bleeding. Although deaths have been reported following biopsies, this is extremely rare.
- **Injury:** to other organs / structures inside the abdomen. This is a rare complication, occurring in about 5% of cases.
- **Infection:** like any other invasive procedure, there is a small risk (3%) of infection.

WHAT ARE THE ALTERNATIVES TO A KIDNEY BIOPSY?

- A biopsy test is usually advised to find out what is wrong with kidneys because other tests have not provided an exact diagnosis. Hence without biopsy, your doctor may not be able to decide on the best treatment for you. Also, it may help to avoid unnecessary treatment and thus prevent further harm being done to your kidneys.

CONSENT

- If you agree to have a biopsy you will be asked to sign the hospital's consent form which will also state that you have received information about the procedure and have discussed it with your doctor.



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THE LOCATION

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