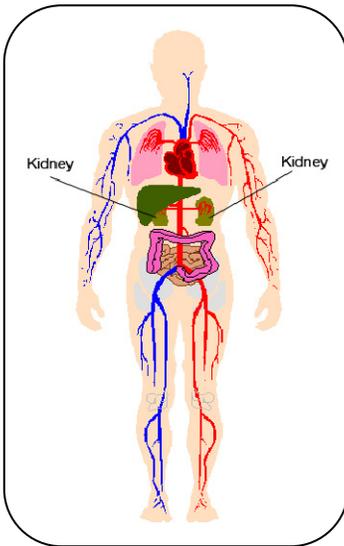


Kidney Biopsy and Your Child



What is a kidney biopsy?

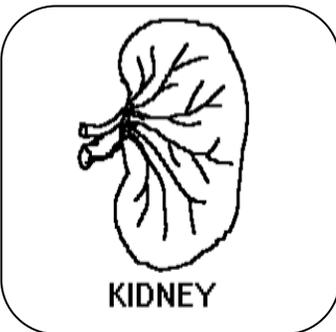
A kidney biopsy is a minor surgery where your child's kidney doctor (nephrologist) or another surgeon takes a piece of kidney tissue to look at under a microscope. This is done to:

- Find out what your child's kidney looks like
- Help make a diagnosis
- Help decide what treatment or medicines to use

After a kidney biopsy, your child will likely need to spend at least one night in the hospital.

How is this done?

A kidney biopsy is done in one of two ways. One way is to take a piece of kidney by putting a needle through the skin into the kidney. This is called a "closed" or "needle" biopsy. The other way is called an "open biopsy." This is when a surgeon makes a small cut through the skin and takes a piece of kidney tissue.



What happens before the biopsy?

Our Patient Care Coordinator will schedule the biopsy. After the test has been scheduled, we will call and tell you if any blood work or further tests need to be done before the biopsy. We will check with your insurance companies if pre-authorization is needed for a stay in the hospital. You will get a call the night before the biopsy. You will find out what time to come to Seattle Children's and where you need to go first.

A surgeon will do the biopsy if it is an open biopsy. A nephrologist will do the biopsy, if it is a needle biopsy. It may not be your child's nephrologist.

Before the kidney biopsy, your child may need to have a special blood test to be sure their blood clots OK. If your child's test is not within normal range, we will have to wait to do the biopsy.

Do not give your child aspirin, ibuprofen (Motrin or Advil) or naproxen (Aleve) for 7 days before the biopsy. This type of medicine can make your child's blood take longer to clot. Regular Tylenol (acetaminophen) is OK.

What happens the day of the biopsy?

Follow the instructions in the Before Surgery Checklist on the day of the biopsy.

Before the Biopsy

Your child will be given a hospital gown to put on and will get ready for the kidney biopsy in the Surgery Center. You will meet the anesthesiology doctor. This is the doctor who will give your child anesthesia, medicine to make them sleep without pain during the biopsy.

During the Biopsy

You may wait in the Surgery Center waiting room for your child to return. Often, the anesthesiologist will place a mask on your child that makes them sleepy. An IV will be started to give the right medicine for sedation before the biopsy begins. An ultrasound test will be done to find the exact position of your child's kidney. The doctor will then put in a special needle and take a small piece of the kidney.

Your child will be kept asleep the whole time. How long it will take to do the biopsy depends on a number of things. If your child is gone for what seems like a long time, this does not mean something has gone wrong.

After the Biopsy

When the biopsy is finished, your child will go to the Recovery Room to wake up from the anesthesia. When your child is ready, and when the patient unit is ready, they will be moved to the unit for a stay in the hospital.

Your child must lie flat for four to six hours after the biopsy. We may place a towel under their back to put pressure on the biopsy site. During this time, your child must stay in bed and will use a bedpan or urinal. After the first 4 to 6 hours, your child can get out of bed to go to the bathroom, but otherwise must remain in bed during the first night after the biopsy.

Your child's urine may be bloody, but this will clear up over the first 24 hours. The nurse will save your child's urine to make sure the blood is clearing. We will do a blood test to check the number and size of your child's red blood cells to make sure they have not had any serious bleeding in the evening after the biopsy. We will check the red blood cells again the next day.

If your child had a needle biopsy, they probably will be able to go home the day after the biopsy. If your child needs to stay in the hospital to wait for results from the biopsy and start treatment, your doctors will let you know. If your child had an open biopsy, they might stay in the hospital for a few days.

Will my child be in pain?

You know your child best. We encourage you to take an active part in your child's recovery. No matter the level of your child's pain, believe they are hurting and respond right away. After the biopsy your child may have some discomfort over the biopsy site. You can give regular Tylenol (acetaminophen) for pain. Do not give aspirin, ibuprofen (Motrin or Advil) or naproxen (Aleve). In addition to medicine prescribed for pain, encourage coping tools to treat pain and provide support.

To Learn More

- Nephrology
206-987-2524
- Your child's
healthcare provider
- www.seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your child's nurse.
- From outside the hospital, call the toll-free Family Interpreting Line 1-866-583-1527. Tell the interpreter the name or extension you need.
- For Deaf and hard of hearing callers: 206-987-2280 (TTY).

How do I care for my child at home?

- Your child can return to school 1 to 2 days after the biopsy.
- They should be able to do some light activities during the first week.
- Your child should not do any vigorous activity like running, jumping, gym class, sports or rough play for three weeks after the biopsy. They should also avoid carrying heavy backpacks during this period.
- Your child may have some increase in pain after they return home, often caused from the increased activity.

When do I call the doctor?

Please call the Nephrology clinic if your child:

- Has increasing pain over the biopsy site
- Red or bloody urine
- A fever of 101 degrees or greater
- Redness or warmth that spreads from the biopsy site

When do the results come back?

The final results of your child's biopsy will not be ready for 7 to 10 days after it is done. Sometimes, early results are ready sooner. We must wait for all of the test results before we can give you a diagnosis. Most often, we will schedule a clinic visit one to two weeks after the biopsy to discuss the results.

If you have any questions, please call:

- During the day: 206-987-2524
- After hours: 206-987-2000 and ask for the on-call Nephrology fellow

Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201.

This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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