

# Kidney Biopsy and Your Child

## What is a kidney biopsy?

A kidney biopsy is a minor surgery where your child's kidney doctor 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

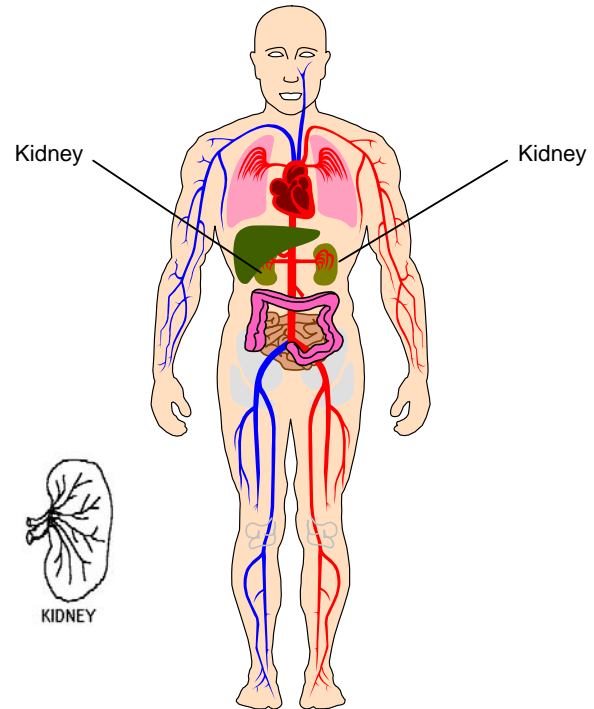
If your child has a kidney biopsy, she will likely need to spend at least one night in the hospital.

## 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?

Your child's kidney doctor will tell you if we need to do a kidney biopsy. You will also be told why it needs to be done. Our Patient Care Coordinator will schedule the procedure. 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. The Admitting Office will call you the night before the biopsy



and tell you what time to come to Children's Hospital and where you need to go first.

The doctor who does the biopsy will be a surgeon if it is an open biopsy. If it is a needle biopsy, it will be done by one of the nephrologists. 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 the blood clots OK. If your child's test is not within normal range, we will have to wait to do the biopsy.

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**Do not give your child aspirin, ibuprofen (Motrin or Advil) or naproxen (Aleve) for three weeks 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 the Admitting Office has given you on the day of the biopsy. Your child will be given a hospital gown to put on and will get ready for his kidney biopsy in the Day Surgery area of the hospital. You will meet the anesthesiology doctor. This is the doctor who is in charge of putting your child to sleep. You may wait in the Day Surgery waiting room for your child to return. Often, the anesthesiologist will place a mask on your child that makes him 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. The time it takes to do the biopsy depends on many different things. If your child is gone for what seems like a long time, this does not mean something has gone wrong.

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

After a kidney biopsy, your child must lie flat for four to six hours. We will place a towel under his back to put pressure on the biopsy site. The first night after the biopsy, your child will not be allowed to get out of bed and must use a bedpan or urinal. Your child's urine may be bloody after the biopsy, 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. After the biopsy, we will check the number and size of your child's red blood cells to make sure he has not had any

serious bleeding. We will check the red blood cells again the next day. If your child had a needle biopsy, he can go home the day after the biopsy. If your child had an open biopsy, he might stay in the hospital for a few days.

### How do I care for my child at home?

After your child leaves the hospital, she may have some discomfort over the biopsy site. Give regular Tylenol (acetaminophen) for pain. **Again, do not give aspirin, ibuprofen (Motrin or Advil) or naproxen (Aleve).** Your child should be less active, with no running, jumping, gym class, sports or rough play for two weeks after the biopsy. If your child has increasing pain over the biopsy site, or red or bloody urine, call us right away. Many children will have some increase in pain after they return home. In most cases, this is caused from the increased activity. If the pain seems like more than expected based on your child's activity, call us.

### When do the results come back?

The final results of your child's biopsy will not be ready for seven 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

#### FOR MORE INFORMATION

- Nephrology, (206) 987-2524
- Your Child's Health Care Provider

*Children's will make this information available in alternate formats upon request. Please call Marketing Communications at (206) 987-5205.*

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

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