

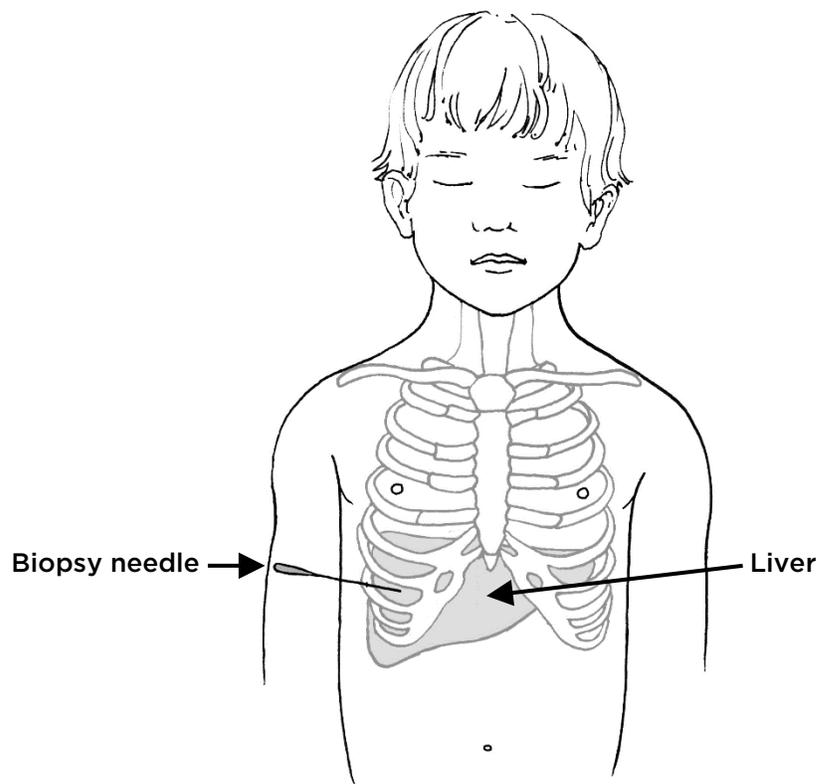
Percutaneous (through the skin) Liver Biopsy

What to expect

What is a percutaneous liver biopsy?

A liver biopsy is a procedure to remove a small piece of liver tissue, so it can be looked at under a microscope for signs of damage or disease. Your child's doctor may recommend a liver biopsy if blood tests or imaging studies suggest they might have a liver problem. A liver biopsy is also used to decide the severity of liver disease and track changes in known liver disease or liver transplant. The results from the biopsy help guide the treatment plan.

The most common type of liver biopsy is called a percutaneous liver biopsy. It involves putting a very thin needle through the abdomen into the liver and removing a small piece of tissue.



Is it painful?

This procedure generally causes a child very little discomfort. Your child will be completely asleep for the procedure and may get to go home the same day. If your child is a baby or is at risk of complications, they would likely be kept overnight.

To Learn More

- Gastroenterology
206-987-2521
- Ask your child's healthcare provider
- seattlechildrens.org

Free Interpreter Services

- In the hospital, ask your 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.

When is my child's procedure scheduled?

The liver biopsy scheduler will fill in this box.

Child's name: _____

Doctor's name: _____

Date of your pre-biopsy phone call: _____
(Day of week) (Date)

Date of your child's biopsy: _____
(Day of week) (Date)

Location: Seattle Children's Hospital Main Campus
4800 Sand Point Way NE
Seattle, WA 98105

Specialty clinic phone number: 206 - _____ - _____

How to I prepare my child for the biopsy?

3 days before the biopsy, the Surgery Center will call you with your child's arrival time and eating and drinking instructions. **Please follow these instructions closely for the safety of your child and to prevent the procedure from having to be cancelled.**

Labs and ultrasound:

Your child will have labs and an ultrasound before the biopsy. In most cases, you can do both of these tests the day of the procedure. We will make sure you get to the hospital early enough to give you time for these tests. They do not require an appointment. The labs will ensure your child's blood counts and blood clotting studies are safe for the procedure. The ultrasound will help guide your doctor on the best place to take the liver biopsy.

Stopping food and drink:

Your child must have an empty stomach for this procedure. The time your child needs to stop eating or drinking are based on their age.

For babies 12 months and younger:

- 6 hours before the procedure, only give breastmilk or clear liquids
- 4 hours before the procedure, nothing to eat or drink

For children 1 year and older:

- 8 hours before the procedure, give clear liquids only
- 4 hours before the procedure, nothing to eat or drink (including NO gum or medicines).

Medicines:

- Starting at 7 days before the biopsy, do not give your child aspirin or ibuprofen (Aleve, Advil, Motrin.) These medicines can cause increased risk of bleeding.
- If your child takes insulin or blood thinners, please let your healthcare team know.

Day of the biopsy

**Please let us know if your child is ill on the day of the procedure.
Call 206-987-2045**

1. Park

This procedure is done in the Surgery Center at Children's main hospital. To get to this area, park in the Ocean parking garage and check in at the main registration desk on Level 6. This is a day procedure. You should plan to be at the hospital for most of the day.

2. Get labs

If your child will need to get labs, please go to the lab on Ocean Level 8. Your healthcare team will need to have recent labs drawn to ensure their blood counts and clotting studies are at good levels for the procedure. Ask the front desk to direct you to the lab and return to Ocean Level 6 waiting area once they are drawn.

3. Check in

When your child's name is called, a nurse will take your child into an exam room. Your child will change into a hospital gown. They can keep their underwear and pants on. The nurse will take your child's temperature, heart rate, and blood pressure and orient you and your child to the GI procedure area.

4. Talk with the anesthesia doctor

The anesthesiologist will speak with you about your child's health history and examine your child. They will explain the type of anesthesia recommended to keep your child comfortable and asleep during the procedure. You will be shown to the waiting room while your child goes into the GI procedure room.

5. Before the procedure

Several monitors will be attached to your child:

- Electrodes (sticker-like patches) are placed on the chest to check heart rate and breathing.
 - A small oxygen monitor is taped to a toe or finger.
 - A blood pressure cuff is wrapped onto an arm or leg.
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6. After the procedure

The procedure takes about 30 minutes. After the procedure your child will go to the recovery room. The time spent in the recovery room will vary with each child depending on their wake-up time from the anesthesia medicine.

When your child is awake, they will be reunited with you and transferred to a hospital room for 4 or more hours of observation. They will need to lie still and rest. We do this to ensure there is no bleeding after the liver biopsy. Your healthcare team will be checking vital signs (blood pressure and temperature) frequently during this time.

At the 4-hour mark, we will check bloodwork (labs) to ensure blood counts and clotting are normal. If your child is stable, they will be able to go home.

Generally, children that get liver biopsies have little to no pain. We encourage you and your child to tell us about any discomfort.

How do I care for my child at home?

Incision

- Your child will have a gauze dressing and tape over the biopsy site
- Do not have your child bathe in a tub or go swimming the day of the procedure
- After 24 hours, remove the dressing and go back to normal bathing

General activity

- Your child should avoid sports and heavy lifting for 3 days after the procedure.
- It is normal for your child to be tired after the procedure, related to the anesthesia

What are the warning signs to call the doctor?

You should call your healthcare team if you notice any of the following:

- Bleeding from the biopsy site
- Bruising around the biopsy site
- Any drainage coming from the site
- Severe pain
- Fever over 101.5 F
- Vomiting
- Increased respiratory effort

When will I get the test results?

The results will be ready about a week after the test. Your child's provider will discuss these results with you at your child's next clinic visit.