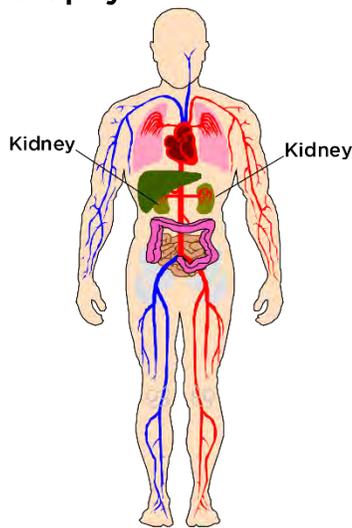


# Kidney Biopsy and Your Child

## What is a kidney biopsy?



A kidney biopsy is a minor surgery where your child's kidney doctor (nephrologist) and the interventional radiologist work together to take 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

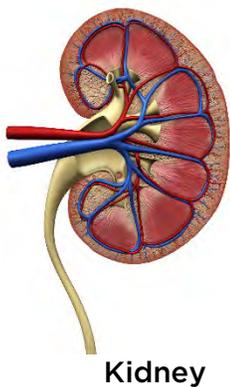
After a kidney biopsy, your child will likely be discharged home the same day.

## 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. This is what happens the majority of the time when a kidney is biopsied.

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 procedure coordinator will call to schedule the biopsy. After the biopsy has been scheduled, the nephrology team will determine if any blood work or further tests need to be done before the biopsy. Before the kidney biopsy, your child will need to have a special blood test to be sure their blood clots OK. If your child's test is not within normal range, another plan will need to be arranged.

Seattle Children's will check with your insurance company if pre-authorization is needed for a stay in the hospital. You will get a call, from the interventional radiology nurse 2 business days before the biopsy to review when to stop eating and drinking prior to the procedure and to review medicines and lab work. You will find out what time to come to Seattle Children's and where you need to go to check-in for the biopsy. If you do not hear from someone prior to the scheduled biopsy date, call the IR procedure room at 206-987-2566.

1 of 3

### To Learn More

- Nephrology  
206-987-2524
- Ask your child's healthcare provider
- [seattlechildrens.org](http://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.

A nephrologist and interventional radiologist will do the biopsy. It may not be the nephrologist your child saw in clinic.

**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, if recommended by your child's healthcare provider. If your child is on another anticoagulant, please discuss the stop date with your doctor before the biopsy.

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### What happens the day of the biopsy?

Follow the instructions in the Before Surgery Checklist on the day of the biopsy, if this was given to you.

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### 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.

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### 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 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.

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### After the Biopsy

When the biopsy is finished, your child will go to the Recovery Room to wake up from the anesthesia. The time spent in the recovery room will vary with each child depending on their wake up time from the anesthesia medicines. When your child is ready, and when the inpatient unit is ready, they will be moved for observation.

Your child must lie flat for 6 hours after the biopsy and get frequent vital signs. 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 6 hours, your child can get out of bed to go to the bathroom. After the observation period your child can go home if they are urinating well without any concerning symptoms.

Your child's urine may be bloody, but this will clear up over the first

24 hours. The nurse will be monitoring. 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 before sending your child home.

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.

### 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, if recommended by your child's healthcare provider. Check with your healthcare provider first before giving any type of medicine to your child. 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.

### 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 3 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 F or greater
- Redness or warmth that spreads from the biopsy site

If you have any questions or concerns, please call:

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

### 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. There may also be a scheduled clinic visit 1 to 2 weeks after the biopsy to discuss the results.