



病患醫療知識普及

腎臟/胰腺移植指南

第 16-1 頁



移植腎穿刺 活檢

用於腎臟/胰腺移植

活檢是瞭解移植的腎臟內部情形的唯一方式。做活檢的目的旨在發現造成移植功能存在問題的根本原因，或確定您服用的移植術藥物需要做哪些調整。

如果您有任何排異現象、感染、藥物傷害、其他原因引起的傷害或新發腎病等，活檢結果將有所顯示。此類資訊可用於更改您的服藥或治療計劃。

如何準備活檢

藥物

您的醫師將負責審查您正在服用的藥物。如果您正在服用血液稀釋藥物，則在術前幾天需要停服這些藥物。血液稀釋藥物是指阿斯匹林、可邁丁錠 (Coumadin, 華法林)、潘生丁 (Persantine, 雙嘍達莫)、保栓通錠 (Plavix)、抵克立得 (Ticlid)、西洛他唑 (Pletal)、安歸寧 (Agrylin)、依諾肝素 (Lovenox)、法安明 (Fragmin)、理奧低肝脂鈉 (Innohep)、達那肝素鈉 (Orgaran)、阿加曲班 (Argatroban)、來匹盧定 (Refludan)、地西盧定 (Iprivask)、比伐盧定 (Angiomax)、希美加群 (ximelagatran)、曲普地尼鈉 (Remodulin)、艾卡特 (Aggrastat)、依菲巴特 (Integrillin)、阿昔單抗 (ReoPro)、戊聚糖鈉 (Arixtra) 以及活腦靈 (Trental)。

如果您對碘、利多卡因或奴佛卡因過敏，請務必告知您的醫師。在活檢過程中會考慮這些因素。

進食

只要您無需依靠藥物來幫助您在手術過程中放鬆，則在移植腎活檢之前可以進食。多數情況下，活檢會很快結束，而您只需注射一劑麻醉劑，以麻醉腎移植部位的周圍皮膚和組織。

在進行移植活檢時，無需注射鎮靜劑。如果注射鎮靜劑，則您需等候稍長時間才可回家。

如果您需注射鎮靜劑來幫助您放鬆，則：

- 在術前的午夜之後切勿食用或飲用任何食品。
- 術後，需要安排專人載您或陪您回家。在注射鎮靜劑後，您不得獨自一人駕車或搭乘巴士或計程車。

抵達醫院

在活檢之前，需要收集您的血液和尿液。當您抵達醫院時，除非您的病患護理協調員告訴您另有安排，否則請首先前往三樓的實驗室，接受活檢前實驗室檢測。

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移植活檢

在完成測試之後，您要前往放射科/成像服務部。超聲檢查醫師（超聲檢查技師）將為您做移植超聲檢查，以檢查您的血液和尿液流量。

如果沒有任何問題，醫生將用優碘或氯己定清洗您的腹部皮膚。然後，將無菌手術鋪布放在活檢部位的上方。接著，將在移植部位的皮膚上注射麻醉劑（利多卡因或奴佛卡因）。

在實施麻醉後，在皮膚上切開一個小口，並將活檢針管透過切開的小口插入。在超聲的引導下，針管一直插入至腎移植部位。在到達移植部位後，即開始進行活檢。在進行活檢時，您會聽到一聲刺耳的聲音。針管至少需穿入兩次，才能獲取足夠的組織以進行診斷。

有時候，腎移植部位周圍的組織會非常硬。您可能會感受到不停地推動，但不會產生任何刺痛。

活檢之後

在完成活檢之後，您需要返回 4-South。您至少需臥床休息 2 小時，在您離開之前，會要求您排尿。如果您在臥床休息時需要排尿，可以使用便盆。如果躺著無法排尿，則護士會帶您去衛生間。

在接受觀察後至少 2 小時，您即可回家。但在回家之前，您必須：

- 無出血
- 血壓穩定
- 無不適感

在家中

當您回到家中時，如出現下列狀況，請致電您的醫師：

- 排出的尿液呈鮮紅色
- 尿液中含有血塊
- 有痛感

如果尿液呈紅色，可飲用大量液體來幫助排出淤血。

風險

任何手術都是存在風險的，對於移植腎穿刺活檢而言，也存在一些風險。如果您有任何問題或顧慮，請諮詢您的醫師。

一般情況下，**超過 1% 的病患**在接受此類活檢後都會出現：

- 尿血（10% 或 100 人中有 10 人）
- 失血過多，需要輸血（1% 或 100 人中有 1 人）
- 在腎臟內形成癆（動脈與靜脈的連接異常），可能導致出血或血壓驟升
 - 形成癆的比例：15% 或 100 人中有 15 人
 - 因癆導致的問題：不到 1% 或 100 人中不到 1 人

一般情況下，**不到 1% 的病患**在接受此類活檢後會出現：

- 因血塊造成尿流阻塞
- 需將內涵管（塑膠管）置入輸尿管（連接腎臟和膀胱的排尿管道）中進行通尿
- 腎臟周圍的血塊壓迫腎臟，從而導致腎功能減弱和血壓升高
- 腎臟內有出血孔，需要及時封堵

這時需要將一根導管（輕薄柔韌的管）從腹股溝插入，到達腎臟。將不銹鋼圈止血栓子放入出血孔，以幫助止血。

- 腎功能喪失
- 失去腎臟
- 皮膚、肌肉或腎臟感染
- 其他腹部器官的穿刺
- 皮膚與腎臟之間的神經損傷，導致疼痛或喪失知覺
- 噁心或嘔吐
- 腎臟周圍漏尿
- 死亡

有問題嗎？

您的問題對於我們而言非常重要。如果您存有任何問題或顧慮，請致電您的主治醫師或醫療保健服務提供者。UWMC 診所的工作人員也能為您提供幫助。

移植服務熱線：
206-598-8881

獲取結果

如果您在週初或週中旬接受活檢，則將在 48 小時內收到第一份活檢結果，如果在週五接受活檢，則將於下週一收到結果。由於要對組織樣本進行特殊測試，因此至少需 5 天時間方能收到最終結果。如果為協助診斷而需進行多次特殊測試，或需要多次評估，則可能需更長時間才能收到最終結果。

腎臟專科醫師將電話通知您第一份活檢結果，但在得出最終結果時，病患通常親自與醫師面談，並商討是否需調整治療計劃。

在 Triangle 停車場停車

Triangle 停車場位於 N.E. Pacific Place 上，與醫療中心隔街相望。停車場設有 500 個停車位，同時另設 67 個殘障人士停車位和 9 個可供輪椅出入的停車位。透過地下通道，可直接前往醫院的 3 樓（主入口）。

前往 Triangle 停車場的行車路線

- 在 Montlake Blvd. 上向北行駛，左轉進入 N.E. Pacific Street，然後再右轉即可到達 N.E. Pacific Place。可快速進入停車場。
- 在 N.E. Pacific Street 上向東行駛，左轉進入 N.E. Pacific Place。可快速進入停車場。

營業時間

Triangle 停車場工作人員的工作時間為，週一至週五早上 6 點至午夜 12 點，週六為早上 7 點至下午 4 點。週六下午 4 點之後和周日全天，停車場可免費停車。

可供大型車輛停車

Triangle 停車場限制的車輛高度為 6 英尺 8 英寸。位於醫院後側的 S-1 車位可供停放大型車輛。

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Transplant Services

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Transplant Renal Biopsy
Chinese

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Transplant Renal Biopsy

For a kidney/pancreas transplant

A biopsy is the only way to know what is going on inside your transplanted kidney. You are having this done to find out either why there is a problem with your transplant function, or what changes need to be made to your transplant medicines.

The biopsy results will show if you have rejection, an infection, injury from medicines, injury from other causes, or a new kidney disease. This information may be used to change your medicines or your treatment plan.

How to Prepare for Your Biopsy

Medicines

Your doctor will review the medicines you are taking. If you are on blood-thinning medicines, you will stop taking them several days before the procedure. Blood-thinning medicines are aspirin, Coumadin (warfarin), Persantine (dipyridamole), Plavix, Ticlid, Pletal, Agrylin, Lovenox, Fragmin, Innohep, Orgaran, Argatroban, Refludan, Iprivask, Angiomax, ximelagatran, Remodulin, Aggrastat, Integrillin, ReoPro, Arixtra, and Trental.

Be sure to tell your doctor if you are allergic to iodine, lidocaine, or novacaine. These will be used during your biopsy.

Eating

Eating before a transplant kidney biopsy is OK as long as you do not need medicines to help you relax during the procedure. Most times, the biopsy is done quickly and the only medicine you receive is an injection to numb the skin and tissues around your kidney transplant.

Transplant biopsies are usually done without sedation. Sedation will increase the time you need to wait before you can go home.

If you will need sedation to help you relax:

- Do **not** eat or drink after midnight the night before your procedure.
- You will need to arrange for someone to drive or accompany you home after your procedure. You will not be allowed to drive yourself or travel alone in a bus or taxi after sedation.

Arriving at the Hospital

Blood and urine will be collected before your biopsy. When you arrive at the hospital, go to the laboratory on the 3rd floor for these pre-biopsy lab tests unless your patient care coordinator has told you otherwise.

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The Transplant Biopsy

After your tests, you will go to Radiology/Imaging Services. The *sonographer* (ultrasound technologist) will do an ultrasound of your transplant to check blood and urine flow.

If there are no problems, your abdomen will be cleaned with Betadine or Chlorhexidine. Sterile paper drapes will be placed over your biopsy site. A numbing medicine (lidocaine or novacaine) will be injected into your skin over your transplant.

After you are numb, a very small cut is made in your skin and the biopsy needle is placed through this cut. Under ultrasound guidance, the needle is advanced to your kidney transplant. Once the needle is just outside your transplant, a biopsy is taken. You will hear a snapping sound when this is done. At least 2 passes with the needle may be needed to get enough tissue to make a diagnosis.

Sometimes the tissue around a kidney transplant gets very hard. You may feel a lot of pushing, but you should not feel any sharp pain.

After Your Biopsy

You will return to 4-South after your biopsy. You will stay in bed for at least 2 hours and will be asked to urinate before you leave. If you need to urinate before that, you may use a bedpan. If you cannot urinate lying down, a nurse will help you use the restroom.

You will be able to go home after 2 hours or more of being watched. Before you go home, you must:

- Have no bleeding
- Have stable blood pressure
- Be comfortable

At Home

When you are home, call your doctor if you:

- Pass very red urine
- Have blood clots in your urine
- Have pain

If your urine is red, drink plenty of fluids to help pass the blood.

Risks

No procedure is risk-free, and there are some risks involved with having a transplant renal biopsy. Ask your doctor if you have any questions or concerns.

On average, **more than 1 out of 100 patients** who have this type of biopsy will have:

- Blood in their urine (10%, or 10 out of 100)
- Loss of blood severe enough to require a blood transfusion (1%, or 1 out of 100)
- A *fistula* (an abnormal connection of an artery and a vein) that forms inside the kidney that may cause bleeding or higher blood pressure
 - Fistula formation: 15%, or 15 out of 100
 - Problems from fistula: less than 1%, or fewer than 1 out of 100

On average, **fewer than 1 out of 100 patients** who have this type of biopsy will have:

- Blockage of urine flow caused by a blood clot
- The need to unblock the urine with a *stent* (plastic tube) placed in the *ureter* (the tube that connects the kidney and bladder)
- A blood clot around the kidney that puts pressure on the kidney, causing reduced kidney function and an increase in blood pressure
- A hole in the kidney that is bleeding and needs to be plugged

This requires a *catheter* (a thin, flexible tube) to be inserted into the groin and up to the kidney. A plug called a coil is then placed in the hole to stop the bleeding.
- Loss of kidney function
- Loss of the kidney
- Infection in the skin, muscles, or kidney
- Puncture of another abdominal organ
- Nerve injury between the skin and the kidney that causes pain or loss of sensation
- Nausea or vomiting
- Leaking of urine around the kidney
- Death

Questions?

Your questions are important. Call your doctor or health care provider if you have questions or concerns. UWMC clinic staff are also available to help.

Transplant Services:
206-598-8881

Getting Your Results

First results of your biopsy will be available within 48 hours if your biopsy is done early or midweek, and late on Monday if it is done on a Friday. Final results take at least 5 days because of the special testing that is done on the tissue samples. If more special tests are needed to help with a diagnosis or if more evaluation is needed, it may take more time to receive your final results.

Your nephrologist may call you with the first results, but usually patients meet with their doctor in person to talk about the final results and any changes to their care plan.

Parking in the Triangle Parking Garage

The Triangle Garage is on N.E. Pacific Place, across the street from the medical center. The garage has 500 parking stalls with 67 disability-parking stalls and 9 wheelchair-accessible parking stalls. There is direct access to the 3rd floor (main entrance) of the hospital through an underground tunnel.

Driving Directions to the Triangle Parking Garage

- Driving north on Montlake Blvd., turn left onto N.E. Pacific Street and then right onto N.E. Pacific Place. Take a quick right into the garage.
- Driving east on N.E. Pacific Street, turn left onto N.E. Pacific Place. Take a quick right into the garage.

Hours

Staff are on duty at the Triangle Garage weekdays from 6 a.m. to 12 midnight and on Saturdays from 7 a.m. to 4 p.m. Garage parking is free on Sundays and after 4 p.m. on Saturdays.

Parking for Oversized Vehicles

The Triangle Garage has a height restriction of 6 feet, 8 inches. Parking for oversized vehicles is available in the S-1 lot behind the hospital.

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