Transplant Renal Biopsy
For a kidney/pancreas transplant

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.
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.