

After Your Kidney Biopsy

Important instructions



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What to Expect After Your Procedure

- Your procedure site may be sore or tender as the local anesthesia (numbing medicine) wears off. Mild pain should get better in 1 to 2 days.
- Your urine may be pink or have a small amount of blood in it.
- Your skin may be stained at the biopsy site. This is from the disinfectant. It will wash off.

Safety Instructions

If you had medicine to help you relax or to relieve pain during the biopsy:

- You must have a responsible adult to drive you home after your procedure.
- For the next 24 hours:
 - Do **not** drive a car.
 - Do **not** drink alcohol.
 - Do **not** use machinery or power tools.
 - Do **not** make legal decisions.
 - Do **not** take care of another person.

Activity Guidelines

- Relax and do only light activities for the rest of the day.
- For 48 hours, avoid difficult activities, such as heavy exercise and lifting more than 10 pounds (about the weight of a gallon of water).
- You can walk and climb stairs, if you take your time and do not strain.
- You can eat your normal diet.

Medications

- Resume blood thinning medications such as anticoagulants and antiplatelets 24 hours after the procedure.
- Keep taking your other regular medicines unless they are changed by your doctor.

Self-care

- Remove dressing/bandages in 24 hours (next day).
- You may shower the next day after your procedure.
- Do not submerge (soak) in water for 48 hours. This includes a bath, a hot tub, or swimming.

Who interprets the results and how do I get them?

The radiologist will send a detailed biopsy report to the provider who ordered this procedure for you. It may take a few days to a few weeks to get these results. Your provider will talk with you about your results.

When to Get Help

Call 911 and go to the nearest emergency room right away if you have any of these symptoms:

- Bleeding that will not stop, even after you press firmly on the procedure site
- Blood clots or lots of blood in your urine
- Unable to pee
- Severe pain, or pain that is getting worse
- Chest pain
- Trouble breathing
- Have chills or a fever higher than 99.5°F (37.5°C)
- Feeling dizzy or lightheaded
- Sudden shortness of breath
- Increase redness, tenderness, swelling, or drainage (fluid) at the biopsy site

Who to Call

If you have questions or concerns, please call your care team:

UW Medical Center Montlake and Northwest Hospital:

Weekdays from 8 a.m. to 4:30 p.m., call the Non-Vascular / Interventional Radiology Department:

- Montlake: 206.598.6209, option 2
- Northwest: 206.598.6209, option 3

Harborview Medical Center: Weekdays from 8 a.m. to 4:00 p.m., call the Interventional Radiology Department at 206.744.2857

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC – Montlake:

206.598.6209, option 2

UWMC – Northwest:

206.598.6209, option 3

Harborview Medical Center:

206.744.2857

After hours and on weekends and holidays:

Call 206.598.6190 and ask to page the Interventional Radiology resident on call.