

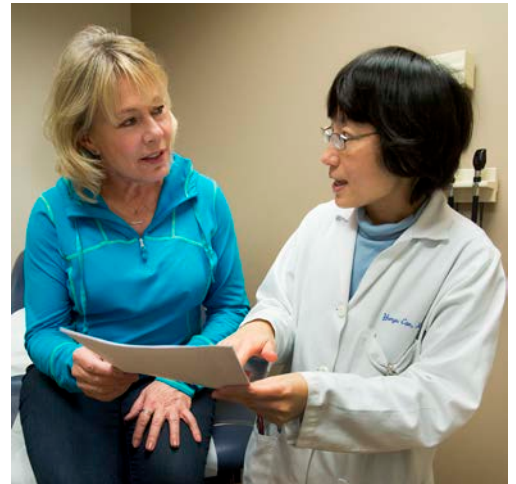
## **Before Your Liver Biopsy**

### *How to prepare*

*This handout explains how to prepare for a liver biopsy at Harborview Hepatitis and Liver Clinic.*

### **Medicines**

- **Stop taking these medicines 7 days before your procedure:**
  - Aspirin products such as Bufferin, Anacin, Ecotrin, Bayer, Salsalate, and Alka-Seltzer
  - NSAIDs (*nonsteroidal anti-inflammatory drugs*) such as ibuprofen (Advil, Motrin, Nuprin), naproxen (Aleve, Naprosyn), Indocin (Tivorbex), diclofenac (Voltaren), and etodolac (Lodine)
- If you are taking any of these medicines, ask your provider how to change your doses before your biopsy:
  - Insulin or other diabetes medicine
  - Warfarin (Coumadin), enoxaparin (Lovenox), or other *anticoagulants* (blood thinners)
- Keep taking these medicines:
  - Medicine for heart, blood pressure, and breathing
  - All your other prescription medicines not listed above



*Talk with your provider if you have any questions about which medicines to take or stop before your biopsy.*

### **Day Before Your Biopsy**

- **Stop eating food 6 hours before your scheduled appointment.**
- You may drink clear liquids up to 2 hours before your appointment. Clear liquids include water, cranberry juice, apple juice, plain tea, and black coffee (**no** milk).

- Make sure you have a responsible adult to take you home after the biopsy. **You may not drive yourself, or take a bus, taxi, shuttle, Lyft, or Uber by yourself.**
- If you need to change your appointment, please call the Liver Clinic Patient Coordinator **at least 24 hours before your appointment.** Call 206.744.1465 or 206.744.6467.
- If you have any other questions, please call 206.744.6475 and press 2 to talk with the Liver Clinic nurse.

## Biopsy Day

- **Do not eat anything.**
- **Stop drinking clear liquids 2 hours before your scheduled appointment.**
- Leave all valuables at home.
- Plan to be in the hospital for about 4 hours after the biopsy.
- A trusted, responsible adult must take you home. This person may be a friend, family member, or caregiver. They can drive you in their car, or ride with you on a bus, taxi, shuttle, Lyft, or Uber.

## After Your Biopsy

- When you are ready for discharge, the nurse will go over home care instructions with you and give you a handout on self-care. **Please closely follow these discharge instructions.**
- Plan for a responsible adult to stay with you for **at least 24 hours** after your biopsy, in case there are any problems. It is even better if this person can stay with you for 48 hours after your procedure.

### Questions?

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

#### Hepatitis and Liver Clinic

Clinic hours: Weekdays from 8 a.m. to 4:30 p.m.

Call 206.744.6475 during clinic hours. Or, you may call 206.520.5000 anytime.