

# Post kidney biopsy patient information

## Summary Points to Remember

- Resting in bed reduces the risk of bleeding
- Avoid strenuous activity, bending, or heavy lifting for 1 weeks

## *What happens after the biopsy?*

Resting in bed after the procedure reduces the risk of bleeding. For the first 4-6 hours you will be asked to rest in bed. The nurses will take your blood pressure very frequently as a normal precaution to detect bleeding. If there is no evidence of any bleeding, you will likely be discharged home.

## *What should I do at home?*

Rest if possible. You can go back to work after **one day** rest at home but you should avoid any strenuous activity, bending (e.g. picking up shopping), or lifting **any more than 3 kg** (the weight of a newborn baby) for **one week** after the biopsy. **You should also avoid heavy lifting which involves straining** for 2 weeks after a renal biopsy.

## *When can I have a bath/shower?*

The day after the biopsy.

## *When do I get the results?*

Provisional results are sometimes available within 24-48 hours and this allows diagnosis of many kidney problems. However, the kidney tissue has to be examined with special stains and sometimes an electron microscope before the final definitive results may be available. This usually takes at least two weeks. Follow up arrangements should have been made before you leave hospital **and are usually within two weeks of the biopsy.**

## **When can I restart blood thinning/anticoagulant medications (if you were taking them prior to the biopsy)?**

Discussions should be held with your treating kidney specialist or the doctor performing the biopsy as to when these medications can be recommenced.

## ***What should I do if I have any concerns after the biopsy?***

If you have any concerns about the biopsy you should contact your treating kidney specialist or The Royal Melbourne Hospital renal registrar. It is common to have mild pain for which it is safe to take paracetamol (unless you have an adverse reaction to paracetamol). If you have severe pain, can see blood in your urine or develop new symptoms of feeling unwell, you should contact your treating kidney specialist or the renal registrar.

***The renal registrar can be contacted by telephoning The Royal Melbourne Hospital on (03) 9342 7000 and asking to speak to the Nephrology/Outpatient registrar in hours or the Nephrology on call registrar out of hours.***

### **Contact**

### **Practitioner / Patient notes**

Renal Registrar

9342 7000

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