



A Child Having a Transplant Kidney Biopsy

Your child is booked to have a transplant kidney biopsy on:

Date: _____

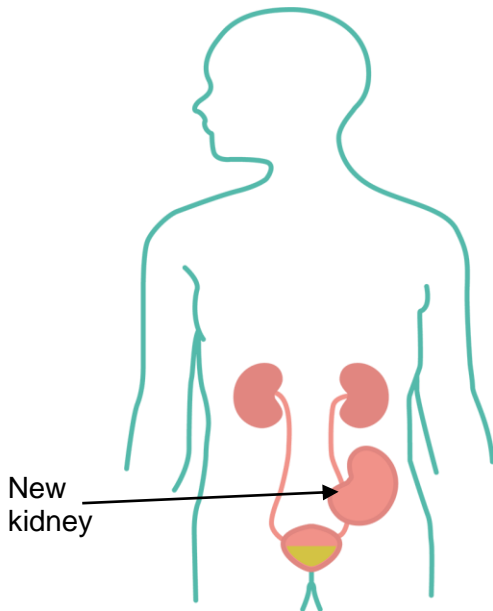
Time: _____ am/pm

Please be at Children's Hospital Admitting by:

Time: _____ am/pm

Where is your transplanted kidney?

This picture shows where the kidneys are in your body. The transplanted kidney is in the lower abdomen.



Why biopsy the transplanted kidney?

This is done to test for signs of kidney rejection that may not be seen by simple blood and urine tests.

What is a transplant kidney biopsy?

In a kidney biopsy, the doctor takes out a very tiny piece of your new kidney with a special needle. This does not harm the kidney. It will help the doctor to find out if "silent" rejection or other diseases which can affect the kidneys are present.

What are the risks of a biopsy?

Bleeding – a small amount of bleeding after the biopsy is very common. About 1 in 10 times there will be enough blood to change the colour of the pee making it look red. We recommend lots of extra fluids to flush out the bladder if that happens. The blood usually clears up after 1 or 2 more pees.

Blood clots in the pee – if there is enough blood in the pee, it can form a blood clot in the bladder that can make it hard to pee. This is very uncommon, but if it happens, we may need to put a catheter in the bladder to help you pee.

Pain during the biopsy – there can be discomfort during the procedure. We usually use freezing to make it as comfortable as possible. In most cases we do procedural sedation, where medicines are given through an IV before the biopsy. A doctor who specializes in these medicines will help with this.

Pain after the biopsy – this is uncommon, but if it happens, it can be a signal that something serious is going on. If you are having a lot of pain, you should let your kidney transplant team know. You should not take Advil®, Motrin® or products containing ibuprofen. Usually acetaminophen (Tylenol®) is very good at relieving any pain.

Rare problems – There is always a risk of injury to the kidney from the biopsy. That includes damage to the blood vessels, kidney infections or urine leaks. It can be serious enough to cause permanent damage or loss of the kidney. Other problems like injury to the bowel or life-threatening drug reactions are also rare.



How will I get ready for the biopsy?

For two weeks before the biopsy, if your child is taking any Aspirin® or any blood thinners, discuss with your kidney transplant team.

In the month before the biopsy you will have:

- a clinic visit to get bloodwork done and to ensure you are in good health to have the biopsy.

What should you bring to the hospital on the day of your biopsy?

- any scheduled medications.
- water bottle.
- food for after the procedure.
- activities to keep you busy.

On the day of the biopsy you will:

- not eat any solid food for 8 hours before you have the biopsy. You may drink clear fluids up until 90 minutes before the procedure. Your nurse will discuss this with you.
- bring along your transplant medications and once the bloodwork is taken, you may take only your immunosuppressant medications with a small sip of water.
- report first to the Admitting Department on the first floor of Children's Clinic. Your nurse or doctor will have told you which area you are to go to:

Pediatric Day Unit.

Pediatric Day Surgery.

If you are already an inpatient in the hospital, you may have your biopsy in the **Pediatric Day Unit** or the **Operating Room**. Your nurse or doctor will tell you where you will be having your biopsy done.

At the hospital:

- you will be weighed.
- you will be put in an examination room and have your blood pressure, temperature, oxygen level and heart rate taken.
- you will be asked to pee and save it in a small bottle.
- you will have an IV started and if needed, blood samples will be sent to the lab.
- once the bloodwork is done, you may take only your immunosuppressant medicine.
- you will have the biopsy in a procedure room on a stretcher.

Who will be in the room during the biopsy?

(All of the people in the room will wear masks)

- The doctor who does the biopsy.
- The sedation doctor who will give you medicine for sleeping.
- The nurse who helps the doctor and you.
- A person special to you, such as your mom or dad, to hold your hand and/or talk to you.
- A person from the ultrasound department to do the picture of your kidney for the doctor.
- A person from the lab who takes the kidney sample to the lab.
- There may be a student doctor or nurse present who just watches and learns.

What will happen during the biopsy?

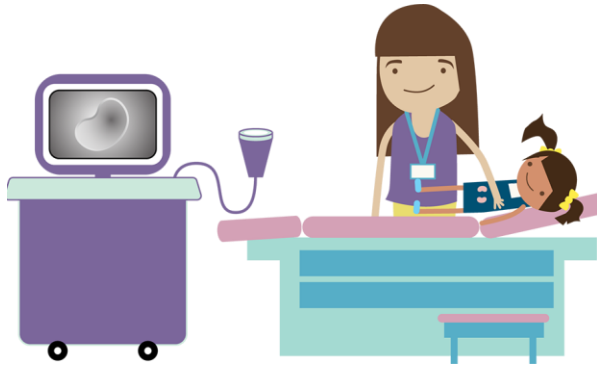
You will lie on your back.

The nurse will put a blood pressure cuff on your arm and a special clip on your finger or toe to measure oxygen levels.

The nurse will take your blood pressure, pulse and oxygen levels several times during the biopsy.



The ultrasound technician will perform an ultrasound to see your kidney and then put a small mark on your tummy.



The sedation doctor will give you sleeping medicines. You shouldn't remember anything after this. You should not be in any pain. If you feel pain, you should tell the doctors.

The doctor will clean your abdomen with special soap. It will feel cold. A clean cloth with a small hole in the middle will then be placed on your abdomen.

Once you are asleep, the transplant doctor will give you some "freezing" to the skin where it is marked. This will put your skin to "sleep" so you will not feel pain during the biopsy. You will be asleep when this is done.

The doctor will then take a sample of the kidney using a special biopsy needle. Remember, you will be asleep.

Usually 2 or more samples are taken. Once they are taken, the doctor or nurse will apply pressure to the biopsy site for 5 minutes and put a small Band-Aid® on the site.

The doctor may decide to put a tube into your bladder to help with draining your pee. This tube would be removed before you go home.

What can I do during the biopsy?

Listen carefully to the doctor and nurse who will tell you what will happen and how you can help. It's OK to ask questions if you don't understand something.

What will happen after the biopsy?

After the biopsy you will stay on the stretcher until you wake up.

The nurse will check your blood pressure, pulse and biopsy site every 15 to 30 minutes for 4 hours.

You will be asked if you have any pain. Be sure to tell the nurse if you do because you can have medicine for this.

The nurse will give you containers and ask you to save all your pee over the next 4 hours so it can be checked for any blood. A small amount of blood in the pee is common right after a biopsy. We expect that the blood should go away before you go home.

You may eat or drink when you feel like it. You will need to bring food and drinks from home.

The nurse will encourage you to drink a lot of liquids to help flush your kidneys.

When can I go home?

You can usually go home about 4 hours after the biopsy. The doctor will tell you what to do when you go home. The nurse in the day unit will review these instructions with you before you go home. Be sure to ask any questions you may have.

If there is still blood in the pee after 4 hours, the doctor will meet with you to see if any other treatment is needed. You may need to stay overnight.

If you live outside of Winnipeg, you will need to stay overnight in the city. You can travel home the next day.

What will I need to do after I go home?

Rest and quiet activities for the next 24 hours. This may include reading or watching TV. No strenuous activity.



Do not do any contact sports (such as dodgeball, hockey or football), or any physical playing with siblings or friends for the next 2 weeks.

If you are concerned that there is a problem related to the biopsy, call us right away. There is always a doctor on-call in the case of an emergency. Phone numbers to reach the nurse or doctor are on the next page.

Remember:

- Some blood in your pee is normal at the beginning but it should be gone before you leave the hospital. **Report any increase in the blood, or any bleeding that occurs after you are sent home from your biopsy.**
- You should be able to pee normally after the biopsy. **Call if you are unable to pee or you are passing clots in your pee.**
- You may have some slight pain at the biopsy site. You may have acetaminophen (Tylenol®) for this. Follow the directions on the bottle. **Report any pain that does not get better with Tylenol® and any redness or swelling at the biopsy site after 24 hours.**

Remove the Band-Aid® 24 hours after the biopsy. You may then have a bath or shower.

Your follow-up appointment is booked for:

If you have any questions or concerns:



- During the daytime, Monday to Friday, phone 204-787-4725 to reach the Transplant Nephrology Nurse Clinician.
- On weekends, after hours or during holidays, phone hospital paging at 204-787-2071 and ask for the Pediatric Nephrologist-On-Call

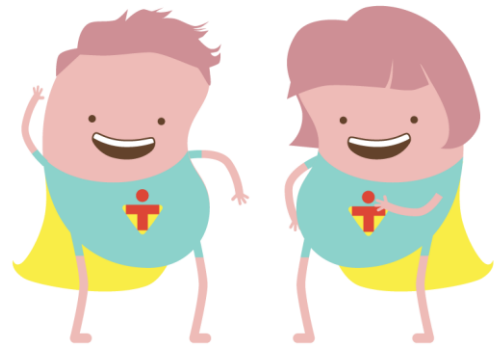


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