

Let's Talk ABOUT...

Renal (kidney) biopsy

A renal (kidney) biopsy is a way to learn about your child's kidney disease. By looking at a tiny piece of the kidney under a microscope, your doctor can know the type of kidney problem your child has. With this information, a treatment plan can be made.

How do I prepare my child for the test?

A renal biopsy requires your child to stay in the hospital for at least 24 hours. Before coming to the hospital for a renal biopsy:

- Do NOT give your child any aspirin or aspirin-containing medications, ibuprofen, or naprosyn® for 7 days before coming to the hospital. Please talk with your nurse or doctor about any other medicines that you have questions.
- Do not give your child anything to eat or drink after midnight the day before the biopsy.
- Come to the Medical Imaging area on the first floor of the hospital at your scheduled time.

What happens at the hospital?

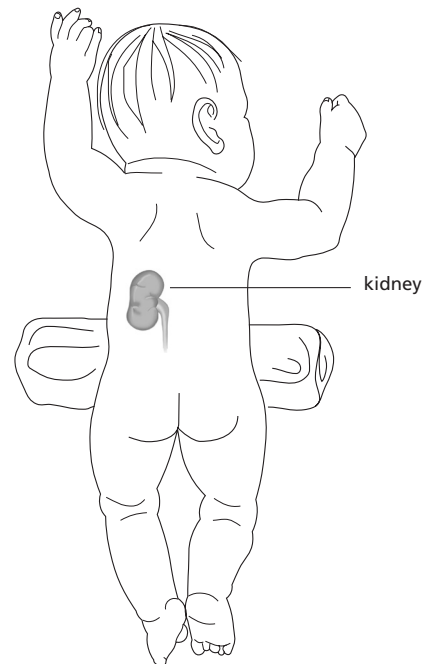
Your child will register and then have some tests done to make sure it is safe to have the kidney biopsy. The tests include:

- A urine sample
- A blood test to make sure your child's blood forms a clot as it should

After these tests are done, the doctor will review with you what will happen during the biopsy. The test will be done in the Medical Imaging department of the hospital. You may go with your child to the ultrasound room, but you will be asked to wait in the waiting area during the procedure.

How does the test work?

- 1** An IV (a tiny, flexible tube) is placed into a vein in your child's hand or arm so that fluids and medicines can be given to your child. Medicine given through the IV will help your child relax.

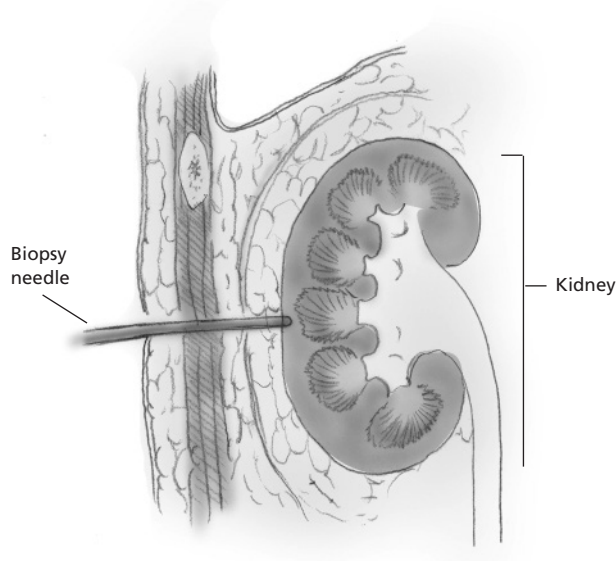


More medicine can be given as needed during the biopsy to keep your child comfortable.

- 2** Since the kidneys are located in the lower back, your child lies on his stomach for the biopsy. A blanket roll is put under his stomach to help push the kidneys up toward the back to help get the best view. The blanket roll also helps keep the kidneys more still. (If your child has had a kidney transplant, he is positioned on his back. See picture above.)
- 3** An ultrasound (a type of picture made by using sound waves) is done to view the kidneys. To do this, a gel is put on your child's back and a hand-size camera wand is rolled over the gel. The wand sends a picture of the kidneys to a computer screen. The location of the kidney is marked on your child's back with a pen.
- 4** The skin over the kidney is cleaned with a sterile soap. This may feel cold and wet to your child. Sterile sheets are then placed over your child's back.

5 Next, the area from the skin down to the kidney itself is numbed. This is done using a tiny needle with numbing medicine. Your child may feel a warm, stinging feeling for a short time. This feeling will go away within seconds as the area becomes numb.

6 The doctor now inserts the biopsy needle. Your child may feel pressure as the needle is inserted. The needle makes a popping sound, which your



child may hear two to three times.

- 7** To gain all the information needed to learn about the kidney, the doctor takes two or three tiny pieces of the kidney. They are each about the size of a pencil tip.
- 8** Once the biopsy is done, the soap is washed off, a band-aid is placed, and the blanket roll is removed. Your child can then lie on his back.

What happens after the test?

After the biopsy, your child is moved to a hospital room. He may eat and drink when he feels ready. Due to the medicine given for the biopsy, your child may sleep for four to six hours after going to the hospital room. IV fluids will continue to be given until your child awakens and can drink fluids.

Strict bed rest is necessary for the next 24 hours to keep your child safe. That means your child is not allowed out of bed and must use a bedpan. Bed rest allows the kidney to heal and decreases the chance of bleeding. Your child's blood pressure will be checked often during the first four to six hours after the biopsy. In addition, your child's urine will be collected and checked to be sure there is no bleeding.

What happens when my child goes home?

In most cases, your child can go home after 24 hours of bed rest. It takes the kidney about a week to fully heal. To lessen the chance of bleeding while the kidney is healing, your child should not do any strenuous activities or vigorous sports for a week after the biopsy.

Call your doctor if...

- Your child has blood in the urine
- He has a fever
- There is bleeding at the site of the biopsy, or if the area is red and inflamed
- Develop persistent pain in tummy or back area.