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## What is a kidney biopsy?

A kidney biopsy is a test to remove a small piece of tissue from your child's kidney using a special needle. This is done to check for kidney problems. Looking at kidney tissue under a microscope is the best way to find out if the kidney is healthy or what is causing a problem.

## What do I need to do before the biopsy?

Some guidelines include:

- Follow the doctor's directions for when your child needs to stop eating and drinking before the biopsy.
  - This helps to make sure their stomach is empty so they do not vomit (throw up).
  - If they vomit, they could choke and have problems breathing.
  - **If your child eats or drinks before the test, it may need to be cancelled and rescheduled.**
- Tell your child's doctor and nurse about any medicines your child takes and if they have any allergies.
- At the hospital, your child will:
  - Get blood tests (labs).
  - Give a urine sample. Let the nurse know when your child needs to urinate.
- You will need to sign a consent (permission) form before the biopsy.

## What happens during the biopsy?

The biopsy is done in the hospital. Most children go home the same day. Your child may have:

- An I.V. (intravenous) to give fluids and medicines into a vein. From there, they are carried by the blood to the rest of the body.
- Sedation. This is medicine given through the I.V. to make your child relaxed, calm and sleepy (sedated).
- General anesthesia. This is medicine that will put your child in a deep sleep.

During the biopsy:

- The doctor will use a needle to take a piece of kidney tissue. The tissue is then checked in the lab to find out if there are any problems.
- The biopsy most often takes about 1 hour.
- A small bandage or dressing is placed over the biopsy site.

## What happens after the biopsy?

After the biopsy, your child will stay in the hospital and will be watched closely for several hours.

**In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.**

# Kidney biopsy, continued

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Your child will:

- Get their vital signs checked often (pulse, blood pressure, temperature and breathing rate).
- Stay in bed for 3 to 4 hours.
- Eat their normal diet when fully awake after the biopsy.
- Have blood tests drawn as ordered by the doctor.

## How should I care for my child at home at home?

Some guidelines to follow at home include:

- Check your child's urine for blood (red or brown urine). This is common in the first 2 to 3 hours after the biopsy but most often clears up after that.
- Check the biopsy site. Look for bleeding or any signs of infection, such as swelling, redness or drainage after the first day.
- If the bandage falls off, you may leave it off. If it stays on, you may take it off the day after the biopsy.
- Give acetaminophen (Tylenol or less costly store brand) for pain. Follow the directions on the box carefully, or ask your child's doctor how much to give.
  - Do not give your child more than 5 doses of acetaminophen in a 24-hour period.
  - Do not give acetaminophen to babies younger than 3 months of age without talking with your child's doctor.
  - Do **not** give your child ibuprofen (Motrin, Advil or other less costly store brand).

## What else do I need to know?

- Limit your child's normal activities for 1 week. Have them do quiet things, such as read, color or watch TV.
- Do not let them run, jump, climb or do contact sports, such as football, for 1 week or until the doctor says it is OK.

## When do I get the results?

Your child's doctor will talk with you about the preliminary results during your follow-up visit or will call with the results.

## When should I call the doctor?

Call your child's doctor if:

- You notice that your child's urine is pink, red or tea-colored after being clear.
- Your child has a fever higher than 100.5°F.
- The biopsy site shows signs of infection, such as swelling, redness, drainage or bleeding.

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# Kidney biopsy, continued

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- Your child complains of pain or tenderness that does not get better with acetaminophen (Tylenol or less costly store brand).
- You have any questions or concerns about how your child looks or feels.

## How should I help prepare my child?

### Babies

- You can help your baby feel less scared by bringing a special blanket, toy or pacifier.
- Comfort them with your presence and voice.
- Bring a bottle of juice or formula to feed them **after** the biopsy.

### Toddlers and preschoolers

- Young children can get anxious about having a test. The best time to talk with your child is right before the biopsy.
- Tell your child they will be having the test, so the doctor can help them feel better.
- Use simple words, and be honest.
- Let your child know you will stay with them as much as possible.
- Bring a favorite book, toy or blanket. Also bring a snack for **after** the biopsy.

### School-age children

- School-age children have good imaginations. They may scare themselves by imagining something much worse than what will really happen.
- One or 2 days before the biopsy, tell your child they are going to the hospital to have a test of their kidney.
- Use simple words. Be honest with your child, and try to tell them exactly what will happen.
- Let your child know you will stay with them as much as possible.
- Bring a favorite book, toy or game. Also bring a snack for **after** the biopsy.

**This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.**

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