

# Information for a Child Having a Transplant Kidney Biopsy



Multi Organ Transplant Program  
Heart Transplant  
Kidney Transplant  
Liver Transplant

Your child is booked to have a transplant kidney biopsy on

Date: \_\_\_\_\_

Time: \_\_\_\_\_

Please be at BC Children's Hospital

at \_\_\_\_\_ (time)

and go to \_\_\_\_\_ (location)

## WHAT IS A TRANSPLANT KIDNEY BIOPSY?

It is a test to check if there is a problem with the kidney like rejection. It is a common test after a transplant. Blood tests don't always tell if a problem is happening to the kidney or what treatments will help fix it. The kidney biopsy will tell what the problem is, so that we can plan the right treatment to fix it.

The biopsy is done by a specialist. Most people like to have sedation for the biopsy, so you are asleep during the test. A small piece of the kidney is taken with a biopsy needle. It passes through the skin under guidance using an ultrasound, to find the right spot on the kidney. Usually 2-3 pieces are taken for the biopsy. Each one is about 1 cm long and thin like a piece of string. It is then sent to the lab for testing.

## WHAT ARE THE RISKS OF A BIOPSY?

**Bleeding** – A small amount of blood in the urine is common after the biopsy. Most of the time, you won't notice. It should stop on its own. You will have testing before the biopsy to make sure you don't have an increased risk of bleeding.

After the biopsy, they will have you pee into a cup to see if the urine looks red. If it does, we recommend extra fluids to flush out the bladder. The blood usually clears up after 1 or 2 more pees. If it isn't completely clear, we will keep you overnight in hospital for monitoring.

**Blood clots in the bladder** – Rarely (under 4% of biopsies) there is enough blood in the pee to form a blood clot in the bladder. That can make it hard to pee. In a few cases, we need to put in a catheter to help you pee and rinse out the clots.

**Pain** – Most people prefer to be asleep for the test. If you choose to be awake, we will use freezing to make it comfortable during the test. There is not usually much discomfort afterward but if it happens, it can be a signal that something serious is going on. Once the team has ruled out any serious complication, usually acetaminophen (Tylenol) is very good at relieving any pain.

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

## **WHERE DO I GO ON THE DAY OF THE BIOPSY?**

Biopsies are done at the BC Children’s Hospital. You will usually go first to the Medical Day Unit to get ready. Sometimes, you will go to the Surgical Day Care or you will be admitted to the hospital.

They will take you to the specialist for the biopsy.

## **HOW WILL I GET READY FOR THE BIOPSY?**

We will tell you and your child about the biopsy in advance. If it is helpful, someone from Child Life can spend time with your child to explain what happens in a biopsy. That way everyone feels ready on the day of the test.

You /your child will be prepared for the procedure in the same way as preparing for surgery. You will receive a call the day before the procedure. The nurse will tell you:

- What time to arrive and where
- When to stop eating and drinking.

Take your morning medications with small sips of water only at the right time. Sometimes, this is after you arrive at the hospital. If you need your morning blood test first, wait until after to take your medications.

## **WHAT WILL HAPPEN DURING THE BIOPSY?**

On the day of the procedure, you will first see an anaesthesiologist (sometimes called a sleep doctor). He/she will discuss with you how your child will receive a sleeping medication. These medicines are given by intravenous (IV), usually put in the hand. Then you will go to the room for the biopsy.

After your child is asleep the doctor, the specialist will do the biopsy. They will check the kidney with an ultrasound first. The biopsy usually doesn’t take more than 20-30 minutes. After they are done, the doctor or nurse will apply pressure to the biopsy site for 5 minutes to help prevent any bleeding.

## **WHAT WILL HAPPEN AFTER THE BIOPSY?**

After the biopsy, you will go back to your unit (i.e. Medical Day Unit). The nurse will check your blood pressure, pulse and oxygen level every 15 minutes to 30 minutes for up to 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 also monitor 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 and drink when you feel like it.

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

## WHEN CAN I GO HOME?

The nurses will sometimes check with the kidney transplant team before you go. You can usually go home about 4 hours after the biopsy.

Sometimes, you will need to stay in the hospital overnight. 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 should plan for the possibility that an overnight stay might be needed. If you can leave after 4 hours, we recommend that you stay somewhere with an urgent care center available for 24 hours after the biopsy.

## WHAT WILL I NEED TO DO AFTER I GO HOME?

Rest and do quiet things like reading or watching T.V. for the next 24 hours.

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

***No contact sports or athletics for the next 2 weeks.*** This is important due to the risk of bleeding after the biopsy. After that, you can go back to usual activities.

If you are concerned that there is a problem related to the biopsy, call us right away.

- Some blood in your pee is normal initially 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 biopsy site. You may have acetaminophen (Tylenol or Temptra) 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.***

There is always a doctor on-call in the case of an emergency. Phone numbers to reach the doctor or nurse are at the end of this pamphlet:

**Your follow-up appointment is booked**

**for:** \_\_\_\_\_



***If you have any questions or concerns:***

- During the daytime, Monday to Friday, phone hospital paging at 604-875-2161, and ask for pager 41 01167, the Transplant Nurse Coordinator
- On weekends, after hours during holidays, phone hospital paging at 604-875-2161 and ask for the Pediatric Nephrologist-On-Call