Advice following a kidney biopsy

This leaflet gives aftercare advice following a kidney biopsy.

- It is essential for your safety that an adult to remain with you for the first 24 hours after your biopsy.
- Ask the person that remains with you to check the dressing for bleeding regularly for the first 24 hours. Telephone the department straight away if there is excessive bleeding.
- **Pain relief**. You may experience some pain or discomfort once the local anaesthetic has worn off. We recommend you take Paracetamol, following the dosage recommended on the packet. **Avoid anti-inflammatory drugs**, e.g. Ibuprofen, Nurofen and Brufen, as this group of drugs can be damaging to remaining kidney function. **DO NOT take aspirin or drugs containing aspirin for at least 1 week after the biopsy** unless given specific instructions. This minimises the risks of bleeding.
- If you become unwell with abdominal pain or an unexplained temperature, please contact the CAPD Unit during office hours or Victoria Ward at evenings or weekends (numbers at end of leaflet). You may have an infection that will require antibiotics that your GP will not be able to prescribe.
- It is possible that you may pass a small amount of blood in your urine, so it is a good idea to drink plenty to flush the kidneys through. Aim for 2 litres of fluid in 24 hours. If you notice any bright red blood (fresh blood) in your urine, feel any discomfort or become faint after returning home, **contact 999 or go to your nearest emergency department as soon as possible.**
- It is not appropriate to travel on public transport for 24 hours.
- You may shower or bath as normal 24 hours after the biopsy. Ensure the dressing is removed before washing. There is no need to replace it.
- We advise you not drive for 3 days.
- You can return to work and other normal activities 2-3 days after the biopsy.
- It is important that you are given an outpatient appointment before you go home. It is during this appointment that you will receive the biopsy results and discuss a future treatment plan.

If you have any concerns

If you have any problems, queries or concerns, do not hesitate to call the nurses on Albert Ward Unit (Tel: 0118 322 7322) Monday to Friday 9.30am – 4.30pm. If we are unable to come to the phone, please leave a message and we will get back to you as soon as we can. In an emergency outside these hours, please call your GP or NHS 111.

Contacting us

Albert Ward Unit: Tel: 0118 322 7322

Victoria Ward: Tel: 0118 322 7476

If you have any questions or concerns about your medication, please contact the nurses in the area relevant to you.

Kidney Care Nurses	Tel 0118 322 7899 or email rbft.kidneycare@nhs.net
CAPD	Tel 0118 322 8555
Benyon Haemodialysis Unit	Tel 0118 322 8360
Huntley and Palmer Dialysis Unit	Tel 0118 322 8515
Windsor Dialysis Unit	Tel 01753 866008

To find out more about our Trust visit www.royalberkshire.nhs.uk

Please ask if you need this information in another language or format.

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