

Ultrasound Guided Kidney Biopsy

Patient Discharge Advice

You have had an Ultrasound Guided Kidney Biopsy where a biopsy needle was inserted into your Kidney to obtain a sample of tissue. You do not have any stitches to the puncture site, but there is a small dressing currently in place.

It is very important that:

- You **must** have someone with you who can care for you during the **first 24 hours**, or longer if you feel this is necessary, from discharge.
- You keep the puncture site clean and dry.
- When you arrive home you should rest and avoid heavy activities e.g., lifting, housework, gardening, strenuous exercise or extreme sports for at least 1 week.
- You should refrain from driving for **at least 48 hours**, or longer if you feel this is necessary.
- Do not have a bath (i.e., submerge the puncture site) **for 3-5 days** or until the puncture site has healed. The dressing is slightly waterproof, so a quick shower is okay.
- Pain relief (analgesia) tablets such as Paracetamol, should relieve any discomfort. Avoid **Ibuprofen and Aspirin** for 1 week, as these can affect your kidney function and increase the risk of bleeding.
- Avoid flying for **7 days**.
- Avoid Alcohol for at least 24 hours.

Notify your GP if you experience any of the following during the first 48 hours:

- Fever
- Rash
- Persistent tenderness, redness or increasing pain at your puncture site
- Unable to pass urine
- Blood stained urine after 24 hours

You are advised to **seek urgent medical assistance as soon as possible**, either by ringing 111 or by attending the Emergency Department at either of our main hospital sites and inform them of what procedure you have had done (you may find it useful to hand them this leaflet).

Medications: Unless otherwise stated by your Doctor, you should resume your normal medications the same day. If you are on any 'blood thinning' medication such as Warfarin, Clopidogrel, Aspirin or any other then you will be informed when to re-start this.

If you have any questions: During normal working hours (9am to 5pm) Telephone: **01484 355781** and ask for a Radiology Nurse. If you are experiencing problems out of hours contact your GP, 111 or Emergency Department.

If you would like this information in large print, Braille, Audio, CD or in another language contact below

If you have any comments about this leaflet or the service you have received you can contact :

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Lindley, Huddersfield
HD3 3EA

Telephone No: (01484) 342186

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce,
obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych
informacji w innym formacie lub wersji językowej,
prosimy skontaktować się z nami, korzystając z ww.
danych kontaktowych

ਚ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਪ੍ਰਾਚੂਪ ਜਾਂ ਭਾਸ਼ਾ ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ,
ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਉਪਰੋਕਤ ਵਿਭਾਗ ਵਿੱਚ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰੋ।

اگر آپ کو یہ معلومات کسی اور فارمیٹ طرزبان میں درکار ہوں، تو
برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم
المذكور أعلاه"

This leaflet has been prepared by the British Society of Interventional Radiology (BSIR) with the Clinical Radiology Patients' Liaison Group (CRPLG) of The Royal College of Radiologists and edited accordingly by Calderdale & Huddersfield Trust

SMOKEFREE CHFT We are a smoke free Trust. If you need help to quit yorkshiresmokefree.nhs.uk can help

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