

Interventional Nephrology Unit (INU) Kidney Biopsy Discharge Instructions

What are my care instructions?

You received local anesthesia during your kidney biopsy. As the anesthesia wears off, you may feel some pain and discomfort from your biopsy. The area where your procedure was performed may be sore or bruised. If you have pain, don't be afraid to say so. Pain medicine works better if you take it before the pain gets bad.

Follow-up care is the key part of your treatment and safety. Be sure to make and go to all appointments, and call your doctor if you are having problems.

How will I care for myself at home?

Activity

- You may start taking showers again 24 hours after your procedure.
- No heavy lifting, pushing or pulling for 2 days after your biopsy.
- Do not swim, use a hot tub or take a tub bath for 7-10 days after your biopsy or until your biopsy site is healed.

Diet

- You can eat your normal diet. If your stomach is upset, try bland, low-fat foods like plain rice, toast and yogurt
- Drink plenty of fluids (unless your doctor tells you not to).

Medications

- You can take your normal prescription medicines as your doctor has instructed you to do.
- If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medicine for your pain.

Special Instructions

- You can remove the band aid from your procedure area 24 hours after your biopsy.
- You will get test results from the doctor who ordered your procedure 3-5 business days after your biopsy.
- You will receive follow up care from your doctor who ordered your biopsy.

When should I call for help?

- Call 911 anytime if you have any of the following signs and symptoms:
 - shortness of breath
 - chest pains
 - Loss of consciousness – (if you passed out or fainted)

Call 911 anytime you think you need emergency care.

- Call the Interventional Nephrology Unit at 734-936-5650 between 8am and 5pm Monday through Friday, if you have any of the following signs and symptoms:
 - Severe abdominal pain
 - Inability to urinate
 - Blood in urine
 - Fever (greater than 100.6°F)
 - Continuous vomiting
 - Redness, swelling, red streaking or pain at IV site or procedure site
 - Abnormal bleeding
- After hours you can call the Nephrology Fellow on call at 734-936-6267.

Disclaimer: This document contains information and/or instructional materials developed by the University of Michigan Health System (UMHS) for the typical patient with your condition. It may include links to online content that was not created by UMHS and for which UMHS does not assume responsibility. It does not replace medical advice from your health care provider because your experience may differ from that of the typical patient. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan.

Patient Education by [University of Michigan Health System](#) is licensed under a [Creative Commons Attribution-NonCommercial-ShareAlike 3.0 Unported License](#). Last Revised 1/27/2015