What is a kidney biopsy?
A kidney biopsy is a test where doctors take a small sample from one of your kidneys to see how they are working.

What will I see?
When you come to the Diagnostic and Therapy Center for your test, you will meet nurses and doctors. You will also meet someone who is called an ultrasound technologist. This person will take pictures of your kidney. Your mom or dad will be able to stay with you the whole time. There will be a bed for you to lie on for your ultrasound and kidney biopsy. Next to the bed will be a cart with an ultrasound computer. The lights will be dimmed so the technologist can see the pictures better.

What will I hear?
During your ultrasound, the camera will not make any noise. During the kidney biopsy, you will be very sleepy or be sleeping, but may hear people talking and may hear a clicking noise.

What will I feel?
For your test, the doctor will ask you to lie still on your back or stomach. You may need to put a pillow under your tummy to help flatten your back. In order to make the ultrasound pictures show up on the screen, the technologist will apply some clear gel on the camera wand. He or she will touch the camera wand to your back or tummy to see your kidney. This may feel cool and slippery. When it is time for your biopsy, the nurse will give you some medicine through an IV, which is a small plastic straw that sits in your vein. Depending on the medicine given, you may feel sleepy or be sleeping. You will also be given some numbing medicine for your back. A nurse will be there to make sure that you are comfortable. When the doctor is done with the biopsy, they will stop giving you the sleepy medicine and you will slowly wake up. There will be a bandage on the spot where the doctor did the biopsy.

What happens after the biopsy?
When the kidney biopsy is over, you will either stay in the Diagnostic and Therapy Center or go to an inpatient room to finish waking up and rest. You will need to stay in bed for 24 hours. You may sit up part way to eat, drink, or do quiet activities. You may also get up to go to the bathroom. Additionally, activity in sports and gym class must be limited for ten days following the biopsy. It takes about one week for final results.

Parent tips
To help your child prepare for their kidney biopsy, you can practice by putting lotion on a smooth toy and pretending that it is an ultrasound. Allow your child to give you an ultrasound too. You can also practice having your child lie on his or her stomach with a pillow under the tummy. Taking slow, deep breaths is a useful relaxation tool that may be helpful during the biopsy. Pretending to blow bubbles or birthday candles is typically effective.

Reminder
For additional ideas or support during your kidney biopsy, please call Child Life at (608) 890-7888 or (608) 890-8006. You may also ask the kidney biopsy staff to page a Child Life Specialist.

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