

## Useful sources of information and support

### Additional information available

#### Kidney Cancer UK

Provides information and support for kidney cancer patients and their carers  
[www.kcuk.org](http://www.kcuk.org) 0844 870 7054

#### James Whale Fund for Kidney Cancer

Helps to increase knowledge and awareness of kidney cancer  
[www.jameswhalefund.org](http://www.jameswhalefund.org) 0844 474 5050

#### Kidney Cancer Support Network

Helps patients' family and friends to join together for information and advice  
[www.kidneycancersupportnetwork.co.uk](http://www.kidneycancersupportnetwork.co.uk) 0120 989 0326

#### Cancer Research UK

[www.cancerhelp.org.uk](http://www.cancerhelp.org.uk) 080 800 4040

#### Macmillan Cancer Support

Information on living with the practical, emotional and financial effects of cancer  
[www.macmillan.org.uk](http://www.macmillan.org.uk) 080 880 8000

#### Marie Curie Cancer Care

[www.mariecurie.org.uk](http://www.mariecurie.org.uk) 020 7235 3325

#### London Cancer

[www.londoncancer.org](http://www.londoncancer.org)

#### Patient Advice and Liason Service (PALS)

PALS is a 'one stop shop' offering advice, information and help to patients and their families who experience problems using the Trust's services 020 7794 0500 ext 33281

Please contact the key worker if you wish to discuss any aspects of your treatment

#### Clinical nurse specialist contact details

Clinical nurse specialist renal surgery:  
07775 687823 / 020 7317 7779

Email: [rffh.renalcancernursing@nhs.net](mailto:rffh.renalcancernursing@nhs.net)



# HAVING A KIDNEY BIOPSY

**This leaflet is written to give you information and answer questions you may have about your kidney biopsy. If you have any further questions, please speak to your doctor or the clinical nurse specialist.**

### **What is a kidney biopsy?**

A kidney biopsy is a simple diagnostic procedure to obtain a small tissue sample from the kidney. The procedure is usually performed in the Interventional radiology and cardiology unit (IRCU) on the ground floor. Normally, a local anaesthetic injection will be used to numb the skin. The procedure then involves insertion of a special needle which is passed into the kidney being biopsied. One or more biopsies may be taken and correct positioning of the needle within the kidney or mass will be confirmed using ultrasound or CT.

### **Why do I need a biopsy?**

In some patients a cancer is suspected or found in the kidney and obtaining a tissue sample can be very useful to help the doctors make a recommendation on the most appropriate treatment options.

### **What are the risks?**

Most procedures have a potential for side-effects. You should be reassured that, although all these complications are well-recognised, the majority of patients do not suffer any problems, common side effects are:

- Slight discomfort at the biopsy site ,skin bruising around the biopsy site
- Occasionally, more than one puncture site is required to obtain an adequate biopsy
- No guarantee that a firm diagnosis will be made from the biopsy
- There may be a need for further biopsies or other diagnostic procedures
- There is about a 2% risk of bleeding from the biopsy site.

### **What should I expect before the procedure?**

The doctor will see you in the clinic to discuss the procedure and why it has been recommended. A blood test will be take on the same day as the clinic appointment to ensure blood clotting levels are normal. The doctor or clinical nurse specialist will then organise a date for the procedure to be performed, this usually takes about 2-3 weeks following your clinic appointment.

You will usually be admitted on the same day as your biopsy to the day ward on 3 East C or PITU, a letter will be sent to you in the post telling you the date and time.

Warfarin or bleeding tendencies (e.g. haemophilia, platelet abnormalities) are a contra-indication to the procedure. If you are taking Warfarin or have a tendency to bleed, please arrange to discuss this with your Consultant before the biopsy procedure.

Please inform the doctor if you take a regular prescription for Aspirin or Clopidogrel.

Please dont have breakfast on the day of the procedure and dont drink after 07:00.

### **What happens immediately after the procedure?**

In general terms, you should expect to be told how the procedure went and let the medical staff know if you are in any discomfort

After the procedure, you will return to the ward and your condition will be monitored. Your blood pressure and pulse will be measured on a regular basis and you will be observed carefully for any signs of bleeding from the biopsy site.

### **What else should I look out for?**

You should contact the hospital, GP or attend the A+E department if you notice any of the following:

- Blood in your urine more than 24 hours after the biopsy
- fever
- have worsening pain in the biopsy site
- feeling faint or dizzy

**Please attend your local A&E department.**

### **Will I have a follow-up appointment?**

Yes. You will have a follow-up appointment at the renal cancer clinic with the surgical team to find out the results from your biopsy. The appointment is usually booked two weeks following the procedure. If you have not received an appointment, please call the patient