

Hämeenlinna unit, Radiology department

Patient instructions for ultrasound-guided renal biopsy performed by a nephrologist

You have an appointment for a **needle aspiration biopsy** of the kidney at the Kanta-Häme Central Hospital Hämeenlinna unit Radiology department.

If you need to cancel your appointment, please call the nephrology outpatient clinic at (03) 629 3127.

- The unit that referred you to the procedure will request the needed bloodwork well in advance before the examination.
- Be sure to reserve at least 8-10 hours for the examination and follow-up monitoring.
- If you suspect or know that you are pregnant, contact the outpatient clinic.
- The examination is performed with ultrasound guidance.

Medication

Anti-inflammatory analgesics may not be taken for one week before the examination. If you are taking anticoagulant medication (blood thinners), this must usually be paused to avoid bleeding as instructed by your doctor. Other regular medication may be continued normally.

On the day of examination

Eating and drinking are not permitted on the day of the examination.

The radiologist will perform a needle aspiration biopsy by means of ultrasound guidance. Local anaesthesia will be applied on the sampled area of skin. The examination will usually cause only minor pain.

You have been reserved a bed at the day hospital or inpatient ward for post-biopsy monitoring. Unless a need to continue the monitoring arises, you will usually be discharged home in the evening. The needle aspiration biopsy does not usually cause postoperative symptoms, but bleeding is possible in the spot of the incision. For this reason, it is important that you have someone to accompany you on the way home and for the next night to monitor and contact the on-duty doctor if needed.

You should avoid excessive physical strain (such as lifting loads of over 5kg) for two weeks after the examination.

Your doctor will evaluate the need for sick leave if needed.

K-HKS 4873_E 1.1.18
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