

# Texas Children's Hospital

## *Caring for Your Child's Health*

### Kidney/Liver Biopsy

Patient must arrive an hour and a half before the procedure to check in at the Radiology waiting area. This is on the first floor, in the **West Tower at Main Campus** or second floor at **West Campus**. Call 832-824-5565 (Main Campus) or 832-227-1207 (West Campus) with any questions. Call our scheduling department at the numbers above if you need to reschedule your appointment.

Your child will remain in the IR Procedures Suite for a minimum of one hour. He or she may require to stay overnight in the hospital. Children having a biopsy will need medicine to make them drowsy. Prepare your child by following the guidelines for eating and drinking.

**Procedure:** A kidney/liver biopsy is a way of taking a tiny piece of kidney/liver tissue without surgery. The piece is about 1/2-inch long and as big around as a toothpick. Taking this amount of tissue should not affect the way the kidney/liver works. The pathologist will then look at the sample to help determine what is causing the kidney/liver problem. For kidney biopsies, this helps us plan treatment for children who have protein or blood in their urine or who have kidneys that don't work well. Children who have had kidney/liver transplants also have kidney/liver biopsies when they are having problems. Looking at liver tissue directly is the best way to determine whether the liver is healthy or what is causing it to be damaged.

#### Getting ready for the procedure

To be sure, check with the doctor about any medicine, even non-prescription medicine that you give your child. Certain medication may be held because these medications can increase risk of bleeding.

#### Guidelines for eating and drinking

Up until eight hours before the procedure, your child may have these items: Any type of food

Up until six hours before the procedure, your child may have these items:

- A light meal
- Milk-skim only
- Infant formula
- Clear liquids

A light meal generally consists of toast or plain crackers and fruit juice, without the pulp. Clear liquids include water, oral electrolyte solution, apple juice, gelatin and carbonated lemon and lime beverages. Please do not give your child any drinks that contain caffeine, such as cola drinks.

Up until four hours before the procedure, your child may have these items:

- Breast milk
- Clear liquids

Up until two hours before the procedure, your child may have these items:

- Water or Pedialyte
- Apple Juice
- Gatorade

All children having this procedure receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medicine.

#### Helpful hints

Let your child choose something to bring. Holding a favorite toy or blanket sometimes helps a young child to sleep. Using an ipad/pod often helps an older child. Please remove any nail polish before coming and pack a bag for an overnight stay. It's best to leave other children at home.

## Talking with your child

Children are less anxious and cooperate better when they know what to expect. Talk with your child about what he or she will see, hear, and feel before and after the procedure.

Ask your child questions to be sure that he or she understands what you have said. Let your child ask questions. Don't be afraid to answer the questions honestly. Most important, reassure your child that he or she will not be alone.

## What your child can expect during procedure

- All children having this test receive medicine by IV to make them drowsy during the procedure. This medicine is called a sedative or general anesthesia. If your child has had a problem with a sedative in the past, talk with the nurse. The doctor may be able to give your child a different medication.
- A staff person from the hospital will call you a few days before the procedure with preparation instructions that will include dietary restriction necessary for sedation or anesthesia. It is very important that you follow all of these instructions, or the procedure may need to be rescheduled

## Before the procedure

- Your child will put on a hospital gown. Wearing underwear during the procedure is okay. The nurse will weigh your child and take his or her blood pressure and temperature. Heart monitor patches are applied to his or her chest. A pulse oximeter will be taped onto your child's finger. The pulse oximeter looks a lot like a bandaid. It uses a red light to check how well your child is breathing. It is painless.
- The nurse starts an IV for the sedative medicine. After the interventional radiologist explains what will happen, you will sign a consent for the procedure.

## During the procedure

- When the doctor gives the medicine to make your child drowsy, the nurse will escort you to the waiting room. Your child will receive some form of sedation for the procedure and he or she should not remember anything about the procedure. We will use an ultrasound machine to locate the kidney/liver. The doctor then cleans your child's biopsy area with a special soap. Your child will be injected with a local

anesthetic to numb the skin. The doctor will use a special biopsy needle to get the tissue sample from the kidney/liver. The tissue sample is then sent to the lab.

- The procedure takes about 30-60 minutes. Plan to stay in the waiting room. Knowing you are nearby is comforting to your child. After the procedure is complete, a physician will come out to talk to you.

## After the procedure

- Afterwards, the doctor will apply a dressing over where the biopsy was done.
- Your child is transferred to the recovery room, where you may join him or her. A nurse will watch your child closely.
- We will check the area for possible bleeding. We will continue keeping a close check on your child's blood pressure, heart rate (pulse) and breathing rate.
- Once your child is awake, he or she can start having clear liquids.
- Your child may be admitted for 24 hour observation post procedure. Be sure to let the nurses know if your child has pain in the area of the biopsy or in the abdomen. Activity restrictions will be given to you prior to discharge.

## Finding out the results

It will take a few days for the tests to be done on the kidney/liver tissue. You will need to make an appointment with the doctor to learn the results and what they mean for your child.

## Interventional Radiology (IR)

### Main Campus

6621 Fannin Street  
Houston, TX 77030  
West Tower Level 1  
832-824-5565  
8 a.m. to 4 p.m.  
Monday to Friday

### West Campus

18200 Katy Freeway  
Houston, TX 77094  
Second Floor, Suite WB.0215.60  
832-827-1207  
8 a.m. to 4 p.m.  
Monday to Friday



**Texas Children's  
Hospital**

*Developed by Texas Children's  
Interventional Radiology.*

© 2017 Texas Children's Hospital All rights reserved.  
1919 S. Braeswood, suite 6226 Houston, Texas 77030  
1952:4/17