

Abdominal Biopsy (Kidney / Liver) Post Procedure Instructions

This leaflet explains about returning to your everyday activities after your Kidney / Liver Biopsy. If you have any further questions, please speak to a doctor or nurse caring for you.

When can I leave hospital?

You will be discharged four hours after your procedure. You should arrange for a responsible adult to escort you home after the procedure and to stay with you overnight. Do not drive for at least 24 hours after the procedure, especially if you have been given strong pain medications or sedation.

After I leave hospital

Eat and drink as normal. Do not drink alcohol for 24 hours after the procedure. Restart your regular medications as normal.

If you take blood thinners, you will be advised when to restart taking them. If the anticoagulation team has given you a bridging plan, please restart your medications as per their advice. Make sure that you understand exactly what your doctor wants you to do.

If you take medications for diabetes, please restart taking your medications as usual. If you have been given a plan by the Diabetic Team, please follow their advice.

Looking after my wound / puncture site

Remove the dressing 24 hours after the biopsy. You may shower in the morning following your procedure but keep the dressing dry for 24 hours. If the dressing gets wet or dirty, please change it. Do not have a bath for at least 48 hours, as this may cause an infection at the procedure site.

Will I be in pain?

If you have pain or discomfort when you get home, take regular paracetamol for the next 48 hours or until the pain settles. Follow the directions on the label. If the pain is severe despite paracetamol, please seek medical attention.

When can I get back to normal activities?

Rest for the remainder of the day following your procedure. Do not lift anything heavy for 48 hours following your procedure. Do not participate in sports or strenuous activity for 48 hours after your procedure.

What should I do if I have a problem?

Seek medical attention if you develop any of the following symptoms after your biopsy:

- Severe abdominal pain or pain near the biopsy site
- Pain with deep breathing or difficulty in breathing
- Feeling dizzy, faint or light-headed
- Redness, excessive swelling or discharge from the site
- Fever or high temperature
- Excessive bleeding from the biopsy site
- Passing blood or clots in your urine.

If you experience any of the above symptoms, please call your GP or visit the nearest A&E to seek medical attention.

Will I have a follow-up appointment?

It normally takes 7-10 working days for the results to be available. The team that has referred you to us will then arrange an appointment with you to discuss the results of the biopsy.

Useful sources of information

British Society of Interventional Radiology patient information leaflets

Contact us

If you have any questions or concerns about your biopsy, please contact your referring team.

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.stgeorges.nhs.uk

Additional services

Patient Advice and Liaison Service (PALS)

PALS can offer you advice and information when you have comments or concerns about our services or care. You can contact the PALS team on the advisory telephone line Monday, Tuesday, Thursday and Friday from 2pm to 5pm.

A Walk-in service is available:
Monday, Tuesday and Thursday between 10am and 4pm
Friday between 10am and 2pm.

Please contact PALS in advance to check if there are any changes to opening times.

The Walk-in and Advisory telephone services are closed on Wednesdays.

PALS is based within the hospital in the ground floor main corridor between Grosvenor and Lanesborough Wing.

Tel: 020 8725 2453 **Email:** pals@stgeorges.nhs.uk

NHS Choices

NHS Choices provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health.

Web: www.nhs.uk

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel: 111

AccessAble

You can download accessibility guides for all our services by searching 'St George's Hospital' on the AccessAble website (www.accessable.co.uk). The guides are designed to ensure everyone – including those with accessibility needs – can access our hospital and community sites with confidence.



Reference: RAD_ABP_01 **Published:** July 2024 **Review date:** July 2026