

# Discharge Instructions for Kidney Transplant Biopsy



You had a procedure called kidney transplant biopsy. Your healthcare provider removed a small piece of tissue from your transplanted kidney. This is done to check it for signs of damage or rejection. Your healthcare provider will learn the results of this biopsy within a few hours. If treatment is needed, it can start as soon as possible.

## Home care

- Rest for 24 to 48 hours. Get up only to use the bathroom.
- Don't drive for 24 to 48 hours after the procedure.
- Remove the bandage covering the biopsy site 24 to 48 hours after the procedure.
- Don't shower for 24 hours after the biopsy. If you wish, you may wash yourself with a sponge or washcloth. When you are able to shower, don't scrub the site. Gently wash the area and pat it dry.
- Don't lift anything heavier than 10 pounds for 3 to 4 days after the procedure.
- Ask your healthcare provider when you can return to work. Be sure to tell your healthcare provider if your job involves heavy lifting.
- Don't do strenuous activities, for at least 2 weeks. This includes jogging, contact sports, horseback riding, and heavy lifting. These activities will stress the kidney.
- If you had to stop any medicines before the biopsy, be sure to ask when you can start taking them again. This is most important for medicines, such as blood thinners.

## Follow-up care

Follow up with your healthcare provider, or as advised.

## When to get medical care

Call your healthcare provider right away if you have any of these:

- Blood in your urine
- Exhaustion or extreme weakness
- Bleeding or fluid leaking at the biopsy site, or
- Redness, pain, or swelling at the biopsy site that gets worse
- Opening of the biopsy site
- Dizziness or lightheadedness
- Sudden or increased shortness of breath
- Sudden chest pain
- Fever of 100.4°F (38°C) or higher, or as directed by your provider
- Chills

- Pain that gets worse, with or without activity

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