

Kidney Mass Biopsy Preparations

Your doctor has scheduled you for a kidney mass biopsy. Below are the instructions that you must follow.

ONE WEEK BEFORE THE BIOPSY:

- Stop taking all aspirin and blood-thinning products—failure to stop may result in the cancellation of your biopsy!
 - Attached you will find a list of many drugs containing aspirin, ibuprofen, and blood-thinning medications that should be stopped seven days before your prostate biopsy. These drugs, if not stopped, can increase your risk of bleeding after the biopsy.
 - If you have any questions about stopping your aspirin or blood-thinning drugs, or, if you do not see your drug on the list, please call your urologist's office.
 - Patients with a cardiac stent who take aspirin or other blood thinner should call their urologist for specific instructions
- IF YOU CANNOT KEEP YOUR APPOINTMENT PLEASE CALL 410-955-6100 TO RESCHEDULE YOUR BIOPSY

THE DAY OF THE BIOPSY:

- Do not eat any solid food for 4 hours leading up to the biopsy.
- Drink plenty of fluids.
- Come to the Urology Clinic at the stated arrival time, this will be before your actual biopsy time.

YOUR KIDNEY MASS BIOPSY PROCEDURE

Upon arriving to the urology clinic you will be registered and then seen by a member of the nursing staff, who will record your height and weight, measure your blood pressure and pulse, and review all of your medications. You will then be asked to put on a hospital gown and will be positioned on the exam table for your biopsy.

Using an ultrasound, your urologist will first measure the size of your kidney and kidney mass. Next, your urologist will inject lidocaine to block the nerves to the skin and kidney. Then, the biopsy specimens will be taken. You will hear a “click” and may feel pressure as the biopsy is performed. Your urologist may take up to 4 or more specimens depending on your particular situation. However, it takes just several minutes to complete the biopsy.

After the biopsy is completed you will be asked to lie on your back and rest. When you are feeling ready, you will be allowed to get up and dress. You will then be asked to wait in clinic waiting area for 1 hour. After this wait your vital signs will be re-taken and you will be asked to urinate into a specimen cup to check for bleeding. Your urologist and/or nursing staff provider will go over all of the instructions you should follow after your biopsy.

AFTER YOUR BIOPSY

- Eat as you normally do.
- No straining or heavy lifting for 5 days after your biopsy.
- You may resume blood thinning medications 5 days after your procedure (note, your urologist may increase or decrease this period of time depending on the medication and your medical history).

WHEN TO CALL YOUR UROLOGIST

Call your urologist **IMMEDIATELY** if you experience any of the following:

- You cannot urinate
- Blood in the urine to any degree
- Fever above 101 degrees (F)
- Chills
- Flu-like symptoms even if you think they are unrelated to the biopsy

Contact your urologist or call the Urology Clinic at 410-955-3801 between 8 am and 5 pm Monday- Friday. Otherwise, call 410-955-6070 and ask for the urologist-on-call.

**The James Buchanan Brady Urological Institute
The Johns Hopkins Outpatient Urology Clinic**

The following is a **partial list** of prescription and over the counter medications that may contain aspirin, non-steroidal anti-inflammatory, antiplatelet and blood-thinning (anticoagulant) ingredients. ***These medications must be stopped 7 days prior to your procedure or surgery.*** Please consult your doctor if you have any questions.

Actron	Dristan	Pirophen
Advil	Dalteparin	Pepto-Bismal
Argatroban	Doane's Pills	Percodan
Aggrenox	Easprin	Relafen
Aleve	Ecotrin	Rivaroxaban
Apixaban	Enoxaparin	Robaxisal
Anagrelide	Excedrin	Rufen
Effient	Propoxyphene Comp.	Sine-Off
Alka Seltzer	Equagesic	Solprin
APC Tab	Eliquis	Soma Compound
Apixaban	Empirin	Stanback Powder
Anacin	Etoricoxib	Sulindac
Anaprox	Fondaparinux	Supac
Arthritis Pain Tabs	Fiorinal	Synalgos-DC Caps
Ascriptin	Genacote	Talwin
Aspercin	Goody's Headache	Tanderil
Aspergum	Halfprin	Ticlopidine
Aspirtab	Indocin	Ticagrelor
Aspro	Kaopectate	Toradol
Axotal	Ketorolac	Tolectin
Bayer Aspirin	Lodine	Tolmetin
BC Powder	Lovenox	Trigesic
Buffasol	Meclomen	Vanquish
Bivalirudin	Midol	Vicoprfen
Bufferin	Mobic	Voltaren
Buffinol	Motrin	Warfarin
Butalbitol	Nalfon	YSP
Butazolidine	Naprosyn	Xarelto
Cardeprin	Naproxen	Zorprin
Celebrex	Nuprin	
Celecoxib	Norgesic	
Clinoril	Pradaxa	
Clopidogrel	PAC Tabs	
Coumadin	Piroxicam	
Cilostazol	Pamprin	
Darvon Compound	Plavix	
Dabigatran	Ponstel	
Disprin	Prasugrel	