

## AFTERWARDS

- You will need to rest on your bed, either flat or on your right side, for about 4 hours
- Your nurse will check your blood pressure and pulse regularly
- You may need to have oxygen for a while
- You will be able to eat and drink 1-2 hours after the procedure
- Please tell us if you have any discomfort so you can be given pain relief
- Most patients are able to go home later the same afternoon. Your nurse will give you your discharge papers and follow up Information
- Avoid heavy lifting and strenuous exertion for **7 days** after the procedure.

Contact your GP if you have any of the following symptoms:

Severe pain at the biopsy site, abdomen, shoulder or chest  
Fever  
Breathlessness

For **Liver Biopsy Appointment Enquiries** please phone the Medical Ward Clerk on 09 430 4101 ext 8553.

For **Clinical Enquiries** please phone the Procedure Room Nurse on 09 430 4101 ext 7761.

## POSSIBLE PROBLEMS

- Most patients have no problems
- Occasional complications can occur
- Discomfort/pain may last for several days
- Bleeding - approximately 1 person in every 1000 liver biopsies has significant bleeding which may occasionally require transfusion or surgery
- Bile leak
- Peritonitis (infection) - very rare
- Pneumothorax (air leak in lung) - very rare

## DISCHARGE ADVICE

- Check with your doctor if/when you should restart medication, return to driving and work
- Use Paracetamol (Panadol) for pain relief
- The biopsy results are usually available within 1-2 weeks

We will arrange an appointment for you to see your Specialist for follow up. If you do not receive an appointment within 2 weeks, please contact the Medical Outpatients Department.

Northland District Health Board  
Medical Outpatients Department  
Whangarei Hospital  
Private Bag 9742  
**WHANGAREI 0110**

Phone 09 430 4100 ext 7730

# LIVER BIOPSY



## PATIENT INFORMATION

This information leaflet is to help you understand about **Liver Biopsy**.

Please feel free to ask your doctor or nurse any questions you may have. It is important for you and your family to feel comfortable with what is happening at all times.

The doctor will discuss the procedure with you and you will be asked to sign a consent form. This procedure is done in Medical Outpatients as a day case - which means you will be admitted for the day.

## **IMPORTANT**

**You will need blood tests a week before the biopsy**

**You will need someone to drive you home after the procedure.**

Some medication will need to be stopped one week before the liver biopsy.

If you are on any of the following medication:

Warfarin  
Dabigatran (Pradaxa)  
Aspirin (Cartia)  
Anti-inflammatory medicines (Voltaren, Brufen, Nurofen, Naprosyn etc)  
Ticagrelor (Brilinta)  
Clopidogrel (Plavix)  
Dipyridamole (Persantin)  
Omega 3 (Fish Oil)  
Ginkgo

Please stop taking them **7 days** prior to the biopsy to help reduce excessive bleeding.

## **WHAT IS A LIVER BIOPSY**

This is a procedure where a very small piece of liver tissue is removed to be studied in the laboratory.

## **WHY IS IT DONE**

Studying the liver tissue under a microscope helps the doctor to make a diagnosis and assess the severity of your condition.

Once a diagnosis is made, any recommended treatment can then be started.

## **WHAT HAPPENS PRIOR TO THE PROCEDURE**

You must have nothing to eat or drink for 6 hours prior to the biopsy.

Firstly you will need to have an Ultrasound to find a suitable area for the biopsy to be obtained. Your skin will be marked with a pen.

A small tube will be put into a vein in your arm. We use this to give you medication to make you more comfortable.

You will need to sign a consent for the procedure.

## **WHO DOES THE BIOPSY**

A specially trained doctor. A nurse will assist the doctor and monitor you during the procedure.

## **WHAT HAPPENS NEXT**

- Clear verbal instructions will be given to you before and during the procedure.
- You will be offered medication via the tube in your arm to reduce any discomfort.
- The biopsy area will be cleaned with an antiseptic (usually an iodine solution) and then a local anaesthetic is injected under the skin to numb it.
- Once the site has been anaesthetised (numbed) a needle is inserted through the skin and a small piece of tissue is removed.
- Usually 1-2 biopsy samples are taken.