



## Liver Biopsy Prep and Discharge Instructions

<u>Prior to your procedure:</u>	<u>1 Day Prior</u>	<u>Procedure Day</u>	<u>Post Procedure Instructions</u>
<p><b>You will need to arrange for a responsible adult to drive you home. You cannot drive until the day after your procedure.</b> A taxi, ride share, or shuttle is not an approved means of transportation <b>unless you have</b> a family member or friend with you.</p> <p>You will need blood work and a sonogram prior to your procedure to assess the risk for bleeding. You will be contacted by the office for instructions on when and where to have this done.</p> <p><b>Stop taking all NSAIDS.</b> Ibuprofen, Advil, Aleve, etc. <b>7 days</b> prior to your procedure. <b>You may take Tylenol as needed.</b></p> <p><b>If you take a blood thinner:</b> <b>Please contact the prescribing doctor to obtain a blood thinner hold order.</b> The office can fax this order to us at 410-972-2698.</p> <p><b>If you take Phentermine:</b> stop taking this <b>10 days</b> prior to your procedure.</p> <p><b>If you see a specialist:</b> We will need to review the notes from your most recent office visit, labs, and test results prior to your procedure. You can call their office to request these be faxed to us at 410-972-2698.</p> <p><b>If you develop any covid, flu, or cold like symptoms within 2 weeks of your procedure date, please call us at 410-224-3636</b></p>	<p>You will need to have an ultrasound done the day prior to your procedure to mark the biopsy site. You will be contacted by the office for instructions on when and where to have this done.</p> <p><b>NO Solid Foods after midnight!</b> <b>You will begin a clear liquid diet at midnight.</b></p> <p><b>Acceptable clear liquids include:</b> water, clear broth, apple juice, white cranberry juice, white grape juice, soda, jello, popsicles, coffee, and tea. You may have any transparent liquid. Nothing with milk or creamer.</p> <p><b>Nothing red, blue or purple in color are allow</b></p> <p><b>Blood Pressure and other essential medications:</b> Continue as prescribed. Take these medications on the day of your procedure with a SMALL sip of water at least 2 hours before procedure.</p> <p><b>If you use a CPAP:</b> please bring with you on the day of you procedure.</p>	<p><b>Clear liquid diet until 4 hours prior to your procedure.</b></p> <p><b>You cannot have ANYTHING AT ALL by mouth for at least 4 hours prior to scheduled procedure time.</b> This includes ice, water, gum, hard candy and mints.</p> <p>No smoking the day of procedure.</p> <p><b>You will arrive 1 hour prior to your scheduled time and remain at our facility to be monitored for at least 3 hours after the procedure.</b></p> <p><b>Please remember to bring your:</b> -Current Medication list with the last dose for each medication taken -Driver's License/Photo ID</p> <p><b>Post Procedure:</b> <b>You must be on bedrest for 24 hours. You may get up to the bathroom.</b></p> <p>If you have any post-procedure problems, please call the office at 410-224-4887.</p>	<p><b>Activity:</b> You may start taking showers 24 hours after your procedure. For 72 hours after your biopsy, avoid lifting more than 5 pounds and avoid all strenuous activity.</p> <p><b>Diet:</b> You can eat your normal diet. If your stomach is upset try bland, low-fat foods like plain rice, toast and yogurt. Drink plenty of fluids.</p> <p><b>Medications:</b> You can take your normal prescriptions medication as your doctor has instructed you to do. If you are not taking a prescription pain medicine, ask your doctor if you can take an over-the-counter medication for your pain.</p> <p><b>Special Instructions:</b> You can remove the dressing from your biopsy site 24 hours after your biopsy. Do not swim or take a tub bath for 7-10 days after your biopsy or until your biopsy site is healed.</p> <p><b>Call the office at 410-224-4887 if you have any of the following signs or symptoms:</b> Severe abdominal pain Abnormal abdominal distension. Abnormal bleeding. Trouble passing urine or stool Stools that have streaks of blood or are black and tarry Fever (greater than 100.6F) Continuous vomiting Redness, swelling, red streaking or pain at the IV site or procedure site</p> <p><b>Call 911 if you have any of the following signs or symptoms:</b> <b>Shortness of breath</b> <b>Chest pains</b> <b>Loss of consciousness</b> <b>Bleeding or Pain that you feel needs emergent treatment.</b> <b>Any other symptom that you feel requires emergency care.</b></p>