

What to expect from a liver biopsy

The information listed below is only a guide; you will be advised of specific details when making your appointment.

A liver biopsy involves obtaining a small piece of liver tissue for examination. For further details on the procedure please refer to our separate information document.

Prior to your appointment

1. Our Booking Team will request your medical history including your list of medications in preparation for your biopsy procedure.
2. You will need to get your blood clotting checked **3-5 days prior** to your appointment. Please make an appointment at your nearest Diagnostic Medlab (note: Awanui Labs (formerly Labtests) do not perform blood clotting).
3. Let us know, prior to your appointment, if you are a diabetic.
4. **Do not eat or drink for 4 hours prior to your appointment.**

On arrival

1. You should allow at least 5 hours for this appointment. The biopsy takes approximately half an hour, after which you will be transferred to the Allevia Day Stay unit where you will remain under observation for approximately 3-4 hours.
2. **Please make sure you arrive at least 20 minutes before your scheduled appointment time.**

After procedure

1. **You cannot drive home following your biopsy – you will need someone to pick you up after your appointment.**
2. For the first **24 hours after** the biopsy, it is advised that you should have someone to look after you. You should sit or lie down as much as possible but can move around to do activities of daily living.
3. Avoid strenuous physical exercise for 48 hours following the procedure.
4. The result of your biopsy will be sent to your doctor as soon as possible.

If you have any questions regarding your biopsy appointment, **please do not hesitate to call us on 09 630 3324 or 0800 497 297.** We look forward to seeing you.