

**PATIENT INSTRUCTIONS FOR ULTRASOUND & LIVER BIOPSY
(BOTH APPOINTMENTS)**

1st DAY: ABDOMINAL ULTRASOUND WITH LIVER MARKINGS

Date: _____ Time: _____ Location: 330 Wallace Road, Suite 103
Nashville, TN 37211

1. **Do not** eat or drink 8 HOURS BEFORE your test.
2. **Do** take your regular medicine with small sips of clear liquid.

*** DO NOT wash off the markings on your side made during your ultrasound.**

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**2<sup>nd</sup> DAY: LIVER BIOPSY**

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Location: 330 Wallace Road, Suite 103  
Nashville, TN 37211

**Please bring these items with you to your appointment:**

1. A list of all medications you are currently taking with the correct dosages.

**Be sure to remove all nail polish prior to arriving for your appointment.**

**Peritoneal dialysis patients need to drain all fluid prior to arriving for your appointment.**

You will be at the doctor's office a minimum of three (3) hours and possibly longer. You will not be asleep for the biopsy but you will be given sedatives to make you comfortable. You may want to bring something to read or a portable radio with headphones to use during your recovery period. Bring someone with you to the doctor's office the day of the test to drive you home. You will not be able to drive until the day after your biopsy.

**Seven days before your test:** Do not take any aspirin or ibuprofen products. You may take Tylenol.

**The day of your test:** Do not eat or drink anything after midnight the night before your test except for a small amount of water to take your regular medication. Any regular medication, especially heart, lung, seizure, or blood pressure medication should be taken both the day before the test and the day of the test.

**If you are a diabetic on insulin, do not take any regular insulin. Take one-half (1/2) of other types of insulin. Do not take any diabetes pills that lower blood sugar.**

Please call the nurse at (615) 832-5530 Monday - Friday 8:00 a.m. to 4:00 p.m. if the following apply to you:

1. **CALL IF YOU ARE ON ANY BLOOD THINNERS:** Effient (prasugrel), Plavix (clopidogrel), Ticlid (ticlopidine), Pradaxa (dabigatran etexilate mesylate), Xarelto (rivaroxaban), Agrylin (anagrelide), Miradon (anisindione), Coumarin (dicoumarol), Coumadin (warfarin), Pletal (cilostazol), Trental (pentoxifylline), Arixtra (fondaparinux), Persantine (dipyridamole), Heparin, Lovenox Injection (enoxaparin), Jantoven (warfarin), Eliquis (apixaban) **AND YOU WERE NOT GIVEN SPECIFIC INSTRUCTIONS WHEN TO STOP IT, CALL US.**
2. **Plavix (clopidogrel) and Effient** are stopped 10 days prior to the day of your test. On the same day you stop the Plavix or Effient start taking one (large size) 325 mg aspirin every day.
3. **If you have any questions about the above instructions.**