

Thank you for choosing Duke Health for your healthcare needs. Your provider ordered a liver biopsy for you. Call Duke GI at (919) 684-6437 if you have questions about this test, preparation, or appointment. Link to your prep instructions: <https://gi.my.dukehealth.org/taxonomy/term/39>

What is a liver biopsy?

A liver biopsy is a procedure to remove a small piece of liver tissue. A doctor (pathologist) looks at the tissue under a microscope for signs of damage or disease. This information helps guide treatment decisions. The most common type of liver biopsy is called percutaneous liver biopsy. It involves inserting a thin needle through the skin into the liver to remove a small piece of tissue.

Planning for Your Liver Biopsy Procedure - Two (2) weeks before your procedure

- ☐ Log into My Duke Health to review your procedure information
- ☐ Read your procedure instructions.
- ☐ Print the instructions and place them in a safe place, like on your refrigerator.
- ☐ You will not receive sedation (anesthesia) for this procedure. You can drive yourself to and from the procedure.
- ☐ Review your procedure location (address), date, and arrival time.
- ☐ Plan to be in the GI department for about two (2) hours for your procedure.

If you live more than 50 miles (over one hour drive) from Duke University Medical Center, you must stay in a nearby hotel overnight after your procedure. This is for your safety. A list of nearby hotels is available on our website: <https://www.dukemedicine.org/>

TWO (2) WEEKS Before Your Procedure

- ☐ If you take medicine that thins your blood, ask your provider if you need to hold your medicine. (Examples Coumadin, Pradaxa, Eliquis, Xarelto, Plavix, Effient, or Brilinta).



ONE (1) DAY Before Your Procedure

- ☐ Eat your regular diet.
- ☐ Do not drink any fluids or eat any food after 12:00 a.m. (midnight)

The Day of Your Procedure – When You Wake Up

- ☐ Take your morning medicines with a small sip of water.
- ☐ After you take your medicines, do not drink or eat anything until after your procedure.

Examples of Clear Liquids

- Water
- Tea and coffee without milk or cream
- Flavored water or coconut water
- Juices such as apple, white grape, lemonade without pulp, and white cranberry
- Clear broth, including chicken, beef, or vegetable
- Sodas or Seltzer such as Mountain Dew®, Ginger-ale, Sun-drop®, or 7-Up®,
- Sports drinks such as Gatorade Zero®, Hydralyte®, Pedialyte®, Powerade Zero Sugar® or Propel®
- Popsicles without fruit or cream
- Jell-O® or other gelatin without fruit
- Boost® Breeze Tropical Juice drink



Duke Clinic 2P Information: 40 Medicine Circle, Durham, NC.

Valet parking is available for a fee in front of the Duke Clinics - Monday through Friday from 5:00 a.m. until 10:00 p.m. Parking is also available in the clinic parking garage. The parking garage is across the street from the clinic entrance on Trent Drive. There is an hourly parking fee.