

**PAUL J. SPINKA M.D.**

Gastroenterology & Hepatology

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**INSTRUCTIONS FOR LIVER BIOPSY**

YOUR PROCEDURE WILL BE DONE AT THE FACILITY YOUR E-MAIL LISTED  
(PLEASE NOTE LOCATION PROVIDED FROM E-MAIL THAT WAS SENT BY OFFICE):

\_\_\_\_\_ Mercy Medical Center  
2175 Rosaline Ave  
Redding, CA 96001  
(530) 225-7900

\_\_\_\_\_ Shasta Regional Medical  
1100 Butte Street  
Redding, CA 96001  
(530) 244-5121

**IF YOU ARE TAKING ANY BLOOD THINNING MEDICATIONS SUCH AS WARFARIN (COUMADIN), PLAVIX (CLOPIDOGREL), ELIQUIS (APIXABAN), BRILINTA ETC, PLEASE CONTACT OUR OFFICE FOR INSTRUCTIONS AS SOON AS POSSIBLE TO AVOID HAVING YOUR PROCEDURE CANCELLED OR RESCHEDULED.**

You are scheduled for a liver biopsy. This examination allows your doctor to better evaluate disease in your liver. It has been recommended to you after careful consideration of other methods used in evaluating liver disease. It allows us to see your liver cells under a microscope.

The procedure is performed in the hospital, as an outpatient, after numbing the skin over the right side of your chest. The exam takes about five minutes and there should be minimal discomfort during and after the biopsy. The amount of liver removed is about the diameter of a pin, and half an inch long. **You should avoid all Aspirin and blood thinners for about seven days prior to the exam.**

There are complications that can occur with this examination, as there are with all types of exams. These include bleeding, penetrating the wrong organ, such as the lungs or gallbladder, infection and pain at the biopsy site. Your doctor will review this with you. These are rare occurrences and are minimized by using ultrasound to see the liver.

After the examination you will lie on your right side in the hospital, for about 4 hours. You may want to bring a book. You will then be discharged and someone should drive you home. You will also be asked to not lift anything heavier than twenty (20) pounds for 72 hours after your biopsy. You may have solid food up until midnight the night before your exam. After midnight, you will have to have clear liquids only until 4 hours prior to your procedure time.

**Please contact the office with any questions.**