



Thyroid Biopsy Procedure Information Sheet

1. Why do I need a thyroid aspiration procedure, also called an FNA or thyroid biopsy?

- ❖ On your most recent thyroid ultrasound examination, a spot was identified within the thyroid gland that may have been a nodule or cyst of uncertain significance
- ❖ In order to determine the nature of the area of abnormality, a sample of the tissue of the area of abnormality is required
- ❖ A very thin needle will be inserted into the nodule or cyst by a radiologist (doctor) using the ultrasound machine for guidance

2. Preparation for the procedure

- ❖ Please wear loose fitting clothing with no jewellery around the neck
- ❖ Please have a bath or shower the morning of the procedure as you will not be able to have a bath or shower again until the day after the procedure
- ❖ Blood thinners: Please stop ASA (aspirin) 5 days prior to your procedure
- ❖ Please bring a list of your current medications, supplements and allergies with you
- ❖ You can have a light breakfast the morning of the procedure
- ❖ Please come 15 minutes before your procedure time

3. How the procedure is performed

- ❖ You will be lying on your back with support under your neck and shoulders
- ❖ The technologist and physician will use the ultrasound machine to find the spot of concern
- ❖ The physician will clean the skin with an antiseptic solution
- ❖ Local anaesthetic (freezing) will be injected to reduce discomfort
- ❖ Using ultrasound and a needle, the physician will take 1 to 3 samples of the nodule or cyst
- ❖ The tissue will be sent to the lab for analysis and our referring doctor will receive a result from the lab directly
- ❖ Once the aspiration procedure is complete, pressure will be applied to the area to minimize bleeding and bruising
- ❖ A bandage will be applied and instructions about what to do afterwards will be given to you

4. After-Procedure Care

- ❖ You may return to normal activity after the procedure, but avoid strenuous activities the day of the procedure
- ❖ You may drive after the procedure
- ❖ You may wish to apply an ice pack to the area after the biopsy, which should be wrapped in a cloth to prevent damage to your skin
- ❖ You may take Tylenol (acetaminophen) for pain with a dose of 1000 mg every 8 hours. Do not take more than four doses
- ❖ Your referring doctor will likely receive the results from the lab in 10-14 days. If you do not hear from your referring doctor's office in 2 weeks, please call your referring doctor's office
- ❖ Please note that, rarely, an aspiration procedure may need to be repeated to obtain more tissue samples