

LIGHTHOUSE MEDICAL IMAGING

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: If you are taking any blood thinners, such as ASA, please let our staff know. You may be asked to stop taking your medication prior to the procedure or you may be asked to contact your referring doctor to receive guidance regarding your medications prior to the 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 doctor will use the ultrasound machine to find the spot of concern.
- ❖ The doctor will clean the skin with an antiseptic solution.
- ❖ Local anaesthetic (freezing) will be injected to reduce discomfort – you may experience a brief sensation of burning and stinging as the freezing is injected.
- ❖ Using ultrasound and a needle, the doctor 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.

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4. After-Procedure Care

- ❖ You may return to normal activity after the procedure, but avoid strenuous activities and heavy lifting the day of the procedure.
- ❖ You may drive after the procedure.
- ❖ No shower until the day 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 for your results.
- ❖ Please note that, rarely, an aspiration procedure may result in "non-diagnostic sampling", and the procedure may need to be repeated to obtain more tissue samples.

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