

# Thyroid Biopsy (Fine Needle Aspiration)

## Thyroid Biopsy

Your thyroid is a butterfly-shaped gland located just below your Adam's apple in your neck. It is in front of and to the sides of your trachea, or windpipe.

Your thyroid absorbs iodine from your body. It uses the iodine to make hormones that regulate how your body uses energy (your metabolism).

You may need to have a thyroid biopsy if you feel a lump or a lump is found during an imaging test. (A thyroid biopsy is also known as a fine needle aspiration.)

During the biopsy, a small sample of your tissue will be taken from your thyroid. The sample will be tested for thyroid disease or cancer.

The procedure will take about 30 to 60 minutes.

## Benefits

Benefits of this procedure include:

- uses a thin needle and is usually not painful.
- has a short recovery time. You are able to get back to doing your normal activities right away.

## Risks

Risks are rare. Possible risks include:

- bleeding
- infection
- injury around your thyroid gland.

## Your Appointment

Location: \_\_\_\_\_

Date: \_\_\_\_\_

Time: \_\_\_\_\_ a.m. / p.m.

Arrive at the Radiology Department  
15 minutes before your exam.

Phone number: \_\_\_\_\_

If you need to cancel or reschedule,  
call at least 24 hours before your scheduled  
appointment.

## Before the Procedure

- Tell your health care provider if you:
  - are taking any prescription and over-the-counter medicines, vitamins, herbal or natural products
  - are taking any blood thinners such as aspirin, warfarin (Jantoven®) or heparin
  - have any allergies
  - have had bleeding or blood clotting problems. If you are not sure, you may need to have blood tests before having the procedure.
- You will need to sign a consent form.
- Follow any special instructions your health care provider gives you.

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## During the Procedure

- You will lie on your back with your head tilted back.
- You will need to lie very still during the procedure. Try not to cough or swallow.
- The radiologist (doctor who specializes in X-ray, MRI and ultrasound) will clean your skin.
- The radiologist will numb the area with a numbing medicine.
- The radiologist will use a thin needle to take out a small amount of cells from your thyroid.
- You may feel some pressure, burning and a small pinch.
- A small bandage will be placed on the insertion area.

## After the Procedure

- The area around your thyroid gland may be sore for several days. You may take acetaminophen (such as Tylenol®). Follow package directions.
- Your health care provider may give you a prescription medicine for your pain.
- You may have a small amount of bruising at the biopsy site. This should go away within a few days.
- You may return to your normal activities.

## When to Call Your Health Care Provider

Call your health care provider if you have any of the following:

- chills or a temperature of 100.4 F or higher
- increased pain or discomfort
- tenderness or soreness that lasts for more than 2 days
- redness, warmth, drainage or swelling at the needle or puncture site.