



**Lakeridge  
Health**

## **Thyroid Fine Needle Aspiration Information Sheet:**

You have been scheduled for a thyroid biopsy or FNA (Fine Needle Aspirate)

The purpose of a thyroid biopsy or FNA is to obtain a small sample of cells from your thyroid nodule so another doctor (pathologist) can analyze them under a microscope. The needle used for this procedure is very thin (similar to the needles used for vaccination).

### **What you should expect:**

You will be lying on a patient bed with your head/neck in a position to make your thyroid gland more easily accessible.

An ultrasound technologist and then a radiologist will perform a limited ultrasound of your thyroid to look at the nodule(s) of interest.

The area of your neck will be cleaned with an antiseptic swab. The radiologist will use the ultrasound probe to guide the FNA needle into the specific area in your thyroid. Typically, three FNA samples will be obtained from each nodule.

### **Risks for this procedure:**

This is a safe procedure with few risks. Most people do not experience any significant side effects.

Some potential risks include:

1. Bleeding - Anytime a needle is inserted into the body there is a risk of bleeding. For this procedure, this risk is very small, perhaps minor bruising. More severe bleeding is quite rare. If you are still in the radiology department, please make the ultrasound technologist aware and s/he will get the radiologist to see you. We do not anticipate this happening.
2. Infection - Again, for this procedure this risk is very small. If you develop a fever, redness/soreness at the site please have it assessed by a physician as soon as possible.
3. Due to the small size of the sample taken, it is possible that you may need to repeat the biopsy in 3 months.

The results of your procedure will be sent to your requesting physician. Make sure you have a post procedure appointment to get the results, advice, and the opportunity to address any concerns you may have.



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**After the biopsy:**

There are no limitations after your biopsy, so you may return to work and resume your normal activities.

You may also:

- Remove the adhesive dressing/band aid after 4-6 hours
- Apply ice packs intermittently (10 min on 10 min off) to reduce swelling
- Take acetaminophen for any pain or discomfort
- Take your usual medications, unless instructed otherwise by your physician
- Eat and drink as normal

If at any time you would like the physician to stop for ANY reason, please let us know and the test will be stopped. If you have any questions about this procedure, the risks, or this information sheet, please discuss with the radiologist.

We are here to help any way we can.

Thank you for allowing us the chance to participate in your health care.

**Contact Information**

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