

Thyroid Fine Needle Aspiration Biopsy

What is a Thyroid Fine Needle Aspiration Biopsy?

Your doctor may have suggested a thyroid fine needle aspiration biopsy (FNAB) to help diagnose a lump that was identified. The biopsy involves application of local anesthetic cream (and occasionally injection) to numb the area on your lower neck and then removal of a small amount of fluid through a very thin needle (roughly ½ millimeter in diameter). This will be done by a specialist physician (Interventional Radiologist) using an ultrasound machine to help see the nodule. He/she will pass the needle several times into the lump. You will not feel pain inside the neck, but you will feel the movement.

The biopsy takes approximately 1 hour and you will remain in the hospital for up to 1-2 hrs afterwards for monitoring.

The Interventional Radiology team will see you prior to the procedure for a consultation to further explain and give you an opportunity to have your questions answered.

What should I expect after the procedure?

You may have a sore neck after the procedure. You can take throat lozenges or acetaminophen (Tylenol) for the discomfort. You can eat normally after the biopsy.

You may have a bruise at the biopsy site. This usually fades within 7 days. You can shower or bathe the day after the biopsy.

Follow these instructions after biopsy:

- **Don't do any tiring activities that day.** For example, avoid heavy lifting, straining or a lot of exercise
- **Don't take Aspirin, Ibuprofen, Vitamin E or blood-thinners** for at least 3 days after your biopsy. Talk to your doctor if you are taking any of these medicines.

When will I receive the results of my biopsy?

Your Endocrinologist or Ear, Nose and Throat doctor will arrange a time with you to discuss the results of the biopsy. Generally results are available approximately 14 days after the biopsy.

Call your family doctor or go to the nearest emergency department if:

- You have trouble swallowing
- Swelling in your neck increases
- Pain gets worse
- You have difficulty breathing