

## Thyroid Biopsy (Fine Needle Aspiration)

### What is a Thyroid Biopsy?

A thyroid biopsy, also called a Fine Needle Aspiration (FNA), is a procedure used to collect a small sample of cells from a thyroid nodule. The sample is sent to a laboratory for examination to help determine whether the nodule is benign (non-cancerous) or requires further evaluation.

### Before Your Procedure

#### Preparing for Your Appointment

- Eat and drink normally unless instructed otherwise.
- Take your regular medications unless advised by your healthcare provider. You may be instructed to stop your blood thinner for 3 days prior to your biopsy.
- Inform staff if you:
  - Take blood-thinning medications (e.g. warfarin, apixaban, rivaroxaban, clopidogrel, aspirin).
  - Have a bleeding disorder.
  - Have allergies to freezing medications or antiseptic solutions.
  - Have had previous thyroid biopsies.

#### What to Bring

- Your Health Card
- Your requisition unless already provided by the ordering clinician

### During Your Procedure

#### What to Expect

- The procedure typically takes 15-30 minutes.
- You will lie on your back with your neck slightly extended.
- The skin on your neck will be cleaned with an antiseptic solution.
- Ultrasound is used to locate the thyroid nodule and guide the needle.
- A needle is inserted into the nodule to collect cell samples.
- Several samples may be required to obtain enough cells for testing.

#### What You May Feel

- Pressure or pain during the procedure.

### After Your Procedure

#### Immediately After

- A bandage may be applied to the biopsy site.
- Tenderness, bruising, or swelling at the biopsy site is common and usually resolves within a few days.

#### Activity

- Resume normal activities after the procedure unless otherwise instructed.
- Avoid strenuous exercise or heavy lifting for the remainder of the day.

**Comfort Measures**

- Apply an ice pack to the area for 10–15 minutes at a time if needed.
- Acetaminophen (Tylenol®) may be used for discomfort unless otherwise advised.

**Results**

- Biopsy results are typically available within 10-14 days.
- Your referring healthcare provider will review the results with you and discuss any next steps.

**Possible Risks and Side Effects**

Common:

- Soreness or tenderness.
- Bruising at the biopsy site.
- Swelling.
- Pain when swallowing.

Uncommon:

- Bleeding or hematoma (blood collection under the skin).
- Infection.
- Temporary voice changes due to irritation near the vocal cord nerve.

**When to Seek Medical Attention**

Contact your healthcare provider or seek urgent medical care if you experience:

- Significant neck swelling.
- Difficulty breathing or swallowing.
- Severe or worsening pain.
- Excessive bleeding from the biopsy site.
- Fever, redness, or drainage suggesting infection.

**Questions?**

If you have questions about your procedure, please contact your referring healthcare provider or the imaging department at the Hanover & District Hospital 519 364 2340 ext. 223.