

Endocrine Specialists

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THYROID BIOPSY INSTRUCTIONS

1. Please arrive 15 minutes before your appointment time.
2. Please wear a two piece outfit so as to allow easy access to the biopsy site.
3. It is important that you avoid taking any aspirin products and nonsteroidal anti-inflammatory drugs (NSAID) including Ibuprofen (Advil, Motrin and Brufen), Naproxen (Aleve) or any other blood thinning products 5 (five) days before your biopsy date. If you have any questions concerning your medications, please contact our nurses at (318) 212-7902.
 - Plavix will need to be stopped five (5) days prior to biopsy date
 - Different instructions will be given for Coumadin (Warfarin)
4. It is not necessary to be fasting for your procedure.
5. Light duty work is permissible following your biopsy. Avoid any strenuous activity for the rest of the day.
6. If you have any questions, please feel free to contact our office at (318) 212-7902.

Thank you and we look forward to providing your health care needs.

The Staff of
Endocrine Specialists

Thyroid fine needle aspiration biopsy (FNAB)

You are scheduled for a thyroid fine needle aspiration biopsy. During this procedure, your doctor takes cells from your thyroid gland to diagnose your thyroid problem. This procedure is usually done in a treatment room by your doctor, with the help of a nurse. A technician with a microscope is also present in the room.

Preparation

There is no special preparation. You may eat or drink whatever you like right up to the time of the procedure. But for your comfort, please empty your bladder before the procedure.

In some cases, your doctor may ask you to have blood test done within 7 days before your biopsy. The purpose of this is to check your "bleeding times" to make sure your blood clots normally.

If you are taking medications that contain aspirin (such as Anacin, Bayer, Bufferin, Ecotrin, or Excedrin) or non-steroidal anti-inflammatory medications (such as Advil, Ibuprofen, Aleve, Celebrex, Mobic (Meloxicam), Motrin, Naproxen, or Vioxx) please inform your doctor before the biopsy. If you do not know whether your medication contains these ingredients, please ask your doctor, nurse, or pharmacist.

Procedure

~ You will be helped to lie on your back on the treatment room table. A pillow or small blanket will be placed under your shoulders so that your head and neck will be tilted back. This position gives the doctor the best access to your neck.

~ Your doctor will look closely at your neck, and will also feel your neck with her fingers and hands. Then the skin on your neck will be cleansed with a liquid containing iodine and alcohol.

~ A thin needle will be inserted through the skin of your neck and into your thyroid gland. The size of the needle is the same as one used for blood draw from your forearm.

~ As the needle is inserted into your neck, you may feel pushing, pressure, or slight pain. (Most patients say that this feels like having blood drawn from your forearm.) While the needle is in your neck, you will not be allowed to swallow, talk, laugh, cough, sneeze, or move your neck or upper body.

~ Your doctor will “aspirate” (pull back) thyroid cells into the needle. The syringe will then be passed to a technician who will prepare the cells to be seen under a microscope. For your biopsy to be useful, enough thyroid cells must be taken. It usually takes between four and eight needle passes to obtain enough thyroid cells. The procedure takes about 1 hour.

After the Procedure

After the biopsy, an ice pack may be placed over the site to decrease any swelling or bleeding. A small bandage will be put on your neck.

When you are released from the treatment room, you may resume your normal activities. If you have neck discomfort, you may take an over-the-counter pain reliever containing acetaminophen (such as Tylenol), if this does not conflict with other medications or treatments. Do not take medications containing aspirin or non-steroidal anti-inflammatory for 1 day after the biopsy.

Complications

Complications from this procedure are rare, but check the biopsy site regularly. If any of the following occurs, contact your doctor immediately. If the symptoms are severe, go immediately to your nearest emergency department:

- ~difficulty swallowing
- ~bleeding
- ~increased redness
- ~increased swelling
- ~persistent or increasing pain
- ~discharge (pus) from the site
- ~persistent cough

Special Instructions

Please be aware that it is not possible for the doctor or technician to give you a firm diagnosis at the time of the biopsy. In most cases, final biopsy results are ready in 1 week. You will be scheduled to discuss the test results and recommended treatments.

If you have any questions about the procedure, ask your doctor or nurse. They are always ready to assist you.