Fine Needle Aspiration (FNA)/Biopsy of Thyroid Instructions

Preparation before the procedure:

Patient may drive themselves to their appointment.

Patient is to arrive 15 minutes before scheduled appointment.

Local Anesthesia is used topically. This will numb the skin over the thyroid nodule prior to the fine needle aspiration / biopsy. If you have a tendency to get nauseated with a procedure, you may want to avoid eating 4-6 hours prior to this procedure.

Patient is to avoid taking any NSAIDS (non-steroidal anti-inflammatory) medications; e.g. Aspirin, Aleve, Motrin, Vioxx at least 5 days before the procedure. Patients taking Coumadin should consult with their physician to determine if it should be discontinued for the procedure.

Patient is to wear comfortable clothing which allows the entire neck area to be exposed (e.g.: button down, zippered, or V neck shirt).

Family members are not permitted in the exam room during the procedure.

The procedure will be done with ultrasound guidance. The procedure usually takes about 15-20 minutes and patients are expected to stay in our facility for at least 30 minutes after the biopsy.

What to expect after the procedure:

You may experience some discomfort during the procedure but this is usually not a major concern for most patients.

The biopsy site may bruise for a few days.

You can take Tylenol for pain / discomfort as long as you do not have an allergy to it. Patient is to avoid taking any NSAIDS (non-steroidal anti-inflammatory) medications e.g. Aspirin, Aleve, Motrin, Vioxx for at least three days after the procedure.

Call our office if you have any serious bruising, extreme redness or severe pain.

We must send your specimen to an outside lab for testing.

IMPORTANT NOTE: PATHOLOGY SERVICES ARE BILLED SEPARATELY BY THE ENTITY PERFORMING THE SERVICE. IT IS THE PATIENT'S RESPONSIBILITY TO KNOW WHAT THEIR INSURANCE WILL COVER.
It takes about seven to ten business days for the results to be available after the biopsy so we will either call you or schedule you for a follow up visit to discuss the results.

Keep in mind, to avoid error in the translation of your results your physician may prefer to do a face-to-face discussion of the results rather than give you results over the telephone.