

## **ULTRASOUND GUIDED FINE NEEDLE ASPIRATION BIOPSY OF THE THYROID**

During a fine needle aspiration of the thyroid, a small sample of tissue is removed from the thyroid gland. The thyroid gland is located in front of the neck just above the neckline and is shaped like a butterfly, with two lobes on either side of the neck connected by a narrow band of tissue.

A needle biopsy, also called a needle aspiration, involves removing some cells with a hollow needle from an area within the body and examining them under a microscope to determine a diagnosis.

When a nodule in the thyroid is detected, imaging tests may be performed to help determine the size. Imaging studies cannot determine whether a lesion is benign or malignant. Your ENT specialist may determine that a biopsy is necessary.

### **How Should I Prepare?**

Please notify your physician if you are taking any blood thinning agents such as Aspirin, Lovenox, Plavix or Coumadin. Usually, no special preparations are required for this procedure.

The neck will be cleansed with antiseptic. Anesthetic medication to numb the area may or may not be used. An ultrasound transducer with a small amount of sterile water soluble gel will be placed on your neck over the thyroid nodule. The physician will insert a needle through the skin under direct imaging guidance, advance it to the site of the thyroid nodule and aspirate samples of tissue. During the test you will lie on your back with your head tipped backward and an extended neck. This position makes it easier for the physician to access the thyroid gland. You may feel some pressure on your neck from the ultrasound transducer and mild discomfort as the needle is moved to obtain the cells. You will be asked to remain still and not to cough, talk, swallow or make a sound during the procedure. After the sampling the needle will be removed. Several specimens may be needed for a complete analysis.

Once the biopsy is complete pressure will be applied to the area to decrease the risk of bleeding. A bandage may be placed if necessary. No sutures are needed. This procedure is usually completed in less than 30 minutes.

### **Post Procedure Care**

Generally you can resume normal activities and any bandage can be removed within a few hours. The biopsy site may be sore and tender for one to two days. You may take non-prescription pain medication such as an acetaminophen to relieve any discomfort.

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