

# Discharge Instructions for Fine-Needle Thyroid Biopsy



You have had a procedure called fine-needle thyroid biopsy. This biopsy was done to learn more about a nodule or cyst in your thyroid gland. Or it was done to find out what might be causing enlargement of your thyroid. During the biopsy, a very thin needle is inserted through the skin into the gland. The needle is used to remove a small amount of tissue (called a sample) from the gland. More than 1 tissue sample may be done. This is to be sure to get cells from all parts of the nodule. Or the needle might be used to drain fluid from a cyst. Often a special ultrasound probe (transducer) is used to help guide the needle to the right place. The tissue or fluid is then checked in a lab by a pathologist.

## Home care

Here are some tips to take care of yourself at home:

- You will have a small adhesive bandage on your biopsy site. Your healthcare provider will tell you when you can remove the bandage. After that, you don't need to keep the site covered.
- If you feel discomfort after the biopsy, take over-the-counter pain medicine, such as acetaminophen. Don't take aspirin or ibuprofen. It's normal to feel sore for 1 or 2 days.
- Ask your provider when you can return to normal activities. This will likely be the same day as your procedure.

## Getting your results

Your biopsy results may take a few days. When the results are ready, your healthcare provider will discuss them with you. They will tell you if anything needs to be done next. If you have questions, consider writing them down. Then you won't forget to ask them when the provider calls.

## Follow-up

Make a follow-up appointment as advised by your provider.

## When to call your healthcare provider

Call your provider right away if you have any of the following:

- Bleeding that won't stop
- Fever of 100.4°F (38°C) or higher, or as advised by your provider
- Increasing pain, redness, soreness, or fluid leaking at the biopsy site
- Swelling of the biopsy site

Be sure you understand what problems you should watch for. Know how to reach the healthcare provider after hours and on weekends and holidays.

## Call 911

Call **911** right away if you have:

- Shortness of breath

- Trouble breathing or speaking
- A change in your voice

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