

Ultrasound Guided Thyroid FNA

Patient: _____

Appointment Date: _____ Time: _____ am / pm

Location: Diagnostic Imaging Department at Mankato Clinic
1230 East Main Street, Mankato, MN 56001

Before the Exam:

This fine needle aspiration (FNA) procedure has been recommended by the radiologist for a finding on your prior imaging study. We will utilize ultrasound to guide a small needle into the thyroid nodule or mass of concern in order to obtain cells for pathologic diagnosis.

- You will be asked to discontinue any blood thinning medications, after approval from your primary care provider, for five days prior to your procedure.
- You may eat breakfast and a small/light lunch the day of your exam.
- Arriving late may result in rescheduling your exam.

During the Exam:

- You may be asked to undress. A gown will be provided.
- You will be asked to lie on a bed.
- This exam may take up to 90 minutes to complete.
- The radiologist utilizes ultrasound guidance to observe the area in question during the biopsy.
- Prior to the biopsy, the skin is cleansed with antiseptic swabs to remove surface bacteria. Sterile drapes are placed around the area to create a sterile field.
- The radiologist injects a local anesthetic called lidocaine to numb the entire area to be biopsied. You may feel a slight sting and pressure with this.
- A fine (thin) needle is then inserted in the thyroid and a sample of cells and/or fluid is drawn into the needle. This process may be repeated up to five times.
- The radiologist will hand the samples to the Pathologist in the room. The Pathologist will look at the cells under the microscope to determine if there are an adequate number of cells to make a diagnosis.

After the Exam:

- Pressure will be applied to the biopsy site to stop any bleeding, and then covered with a bandaid.
- Bleeding and infection are possible, although uncommon, complications of this procedure. Please contact a medical professional if any signs/symptoms of infection occur.
- Bruising is common; however, please contact a medical provider if the bruise is increasing in size or a lump forms.
- You may resume your regular diet unless you have been given other instructions.

Your exam will be reviewed and read by a Radiologist within the next 24 hours. A report will go to your provider for him/her to review. Your provider is responsible for communicating the results to you and this will be done by letter, a phone call, or a follow up appointment. If you don't have a follow up appointment scheduled and have not heard anything within a week, you have the right to call your provider's department and inquire about results.

If you are unable to keep your appointment or have questions about your exam, please call 507-389-8570.

Please check in at Patient Registration prior to going to the Diagnostic Imaging Department.