

ULTRASOUND GUIDED THYROID or NECK FNA

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

The Mankato Clinic is requiring masking only for patients over the age of 2 that are feeling ill. If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is an Ultrasound Guided Thyroid or Neck FNA?

This fine needle aspiration (FNA) procedure will use sound waves, not radiation, to guide a small needle into the thyroid nodule, or mass of concern on your neck, in order to obtain cells for pathologic diagnosis. This procedure has been recommended by the radiologist for a finding on your prior imaging study.

How do I prepare for the test:

- If you currently take any blood thinning medications NOT being prescribed by your provider, it is recommended that they be discontinued prior to your procedure (some examples include: Advil, Ibuprofen, Aspirin, and Baby Aspirin).
- You may eat breakfast and a small/light lunch the day of your test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their Ultrasound appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- Arriving late may result in rescheduling your test.
- Prior to the procedure, your thyroid nodule/neck mass will be reassessed with the performing radiologist present. There is a small possibility that your procedure may be canceled.

What will happen during the test:

- You will be asked to undress, and a gown will be provided. You will be asked to lie on a bed.
- This test 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 procedure, 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 pressure with this.
- A fine (thin) needle is then inserted in the thyroid/neck 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. The Pathologist will issue a report with the diagnosis, in 24-72 hours, to your ordering provider.

Instructions for after your test:

- Pressure will be applied to the biopsy site to stop any bleeding, and then covered with a Band-Aid.
- 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 test will be reviewed and read by a Radiologist within the next 24 hours.
- The final signed report will be sent to the provider that ordered your test.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.