



For more information please visit us online at: <http://www.osmh.on.ca/diagnostics/>

If you or your support person do not clearly understand the procedure, please ask for clarification



THYROID BIOPSY

What is it?

A thyroid fine needle aspiration biopsy is a procedure that removes a small sample of tissue from your thyroid gland using ultrasound guidance. Cells are removed through a small, hollow needle. The sample is sent to the lab for analysis. Results generally take 7-10 days.

In some cases, hard nodules form inside the gland. You might notice a small bump in your gland area. Most times, the nodules are not dangerous. But in some cases, they can be thyroid cancer. A thyroid fine needle aspiration biopsy can take a sample from the nodule to test for cancer.

Why do I need it?

Your ordering provider may order a biopsy in order to¹:

- Examine tissue for disease based on body imaging.
- To determine if the abnormal tissue is benign (non-cancerous) or malignant (cancerous).



HOW IS THE PROCEDURE PERFORMED?

Before

Patient Preparation:

You should wear loose-fitting clothing that is easy to change out of. One support person (spouse, friend, caregiver, family member) may accompany you on the day of your appointment, and wait outside of the procedure room.

You can eat and drink normally before the procedure. You may take your usual medications prior to the procedure. See next page if you take blood thinners.

Please phone the Diagnostic Imaging booking line at 705-325-2201 # 3505 for cancellations or rebooking if you are unable to attend your appointment.

Bloodwork:

Bloodwork is not required prior to this procedure.



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Before (Continued)

Medication:

Your ordering provider will also ask you to stop any blood thinners you take (also known as anticoagulation or antiplatelet medications). Talk to your ordering provider about which medications need to be stopped prior to the procedure, for how long, and when you can safely start them again.

The following medications must be stopped prior to the procedure as per the listed times. Discuss this with your ordering provider if you have concerns about stopping any of the below medications:

Medication		Number of Days to Hold
Enoxaparin	(Lovenox)	Withhold 1 dose before procedure
Dalteparin	(Fragmin)	Withhold 1 dose before procedure
Apixaban	(Eliquis)	Withhold 3 days before procedure
Rivaroxaban	(Xarelto)	Withhold 3 days before procedure
Dabigatran	(Pradaxa)	Withhold 4 days before procedure
Warfarin*	(Coumadin)	Withhold 5 days before procedure until target INR ≤ 1.8
Clopidogrel	(Plavix)	Withhold 5 days before procedure
ASA	(Aspirin™)	Withhold 5 days before procedure

*Patients on **Warfarin (Coumadin)** require a new INR drawn 1 day before the procedure.

Coming to The Hospital

You must first sign-in with **Centralized Patient Scheduling & Registration (CPSR)**, which is located immediately to your left when you enter the hospital from the main entrance (across from the gift shop). You will receive a patient wristband and be directed to the **Diagnostic Imaging department**.

Please bring your OHIP card with you to the hospital.

During

Thyroid Biopsies are done in the Interventional Radiology or Ultrasound Department of Diagnostic Imaging.

The duration of your appointment time 1 hour.

1. You will change from above the waist into a hospital gown.
2. A technologist will explain the procedure and answer any questions you have.
3. You will lay on a table or stretcher and will be awake for the procedure. The process takes about 20 to 30 minutes.
4. This is an aseptic procedure; the area to be biopsied will be aseptically cleaned and sterile drapes applied.
5. The radiologist will use ultrasound to guide the biopsy needle and take samples.
6. A bandage is applied once the biopsy is completed.



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WHAT TO EXPECT AFTER



Recovery & Going Home

You may have some pain at the biopsy site. You may have a small amount of bleeding or bruising from the procedure site. You may take Tylenol (acetaminophen) for the next 48 hours. Follow the directions on the label.



Diet & Activity

- Resume normal activities as you feel able to tolerate them, unless otherwise directed by your doctor or the radiologist performing the biopsy.



Wound Care²

- It is normal to feel soreness in the area of the biopsy for 2 – 3 days.
- Keep a dressing / bandage over the biopsy site for the first day.
- It is important to keep the biopsy site clean and dry for 24hrs.



Bathing²

- You may shower 24 hours after the biopsy, if your doctor says it is okay. Pat the incision dry.
- **Do not** put creams, lotions, or ointments on the biopsy site.
- **Do not** take a bath, swim, or use a hot tub until the biopsy site is fully healed (no longer has a scab).



Medication²

- **If your doctor or healthcare provider advised you to stop any medications for this procedure then consult with them first about the safety of when you can start your medications again;**
- Otherwise, resume your normal medication schedule.
- If you **normally** take acetylsalicylic acid (Aspirin™) or another blood thinner medication, ask your doctor when to start taking it again. Make sure that you understand exactly what your doctor wants you to do;
- Otherwise, **do not** take (Aspirin™) or anti-inflammatory medicines (such as ibuprofen) for one **week** after the biopsy.



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WHEN TO SEEK HELP¹



Call 911:

If you believe you require emergency care – **call 911**. Reasons to call 911 include:

- You have passed out (lose consciousness), or become very dizzy, weak, or less alert
- You experience sudden chest pain and shortness of breath; and/or
- You have severe trouble breathing
- Significant bleeding from the biopsy site (i.e. bright red blood that won't stop)¹
- You have a fast or uneven pulse



Call your doctor, healthcare provider, or Health Connect Ontario immediately if you experience¹:

- Increased pain, swelling, warmth, or redness at the biopsy site
- Redness or warmth around the biopsy site or pus or blood draining from the biopsy site
- A fever (more than 100°F / 38°C)
- Chills, with or without fever
- Bright red blood has soaked through the bandage / dressing over the biopsy site.
- You have new or worse pain at the biopsy site.
- A fast or skipping heartbeat.
- Bruising or swelling at the biopsy site that is getting bigger.
- An upset stomach and you can't keep fluids down (you're throwing them up).
- Difficulty swallowing

Health Connect Ontario may be reached 24-hours a day, including weekends, by:

- Calling 811
- Calling 1-866-797-0007 (TTY – teletypewriter service)
- Visiting <https://healthconnectontario.health.gov.on.ca/> and selecting “Chat with us”

BRING THIS INFORMATION PACKAGE WITH YOU SHOULD YOU URGENTLY NEED TO SEE YOUR DOCTOR OR GO TO THE EMERGENCY DEPARTMENT OF YOUR NEAREST HOSPITAL.

Use this material for your information only. It does not replace advice from your doctor or other health care professionals. Do not use this information for diagnosis or treatment. Consult with your health care provider about a specific medical condition.

References:

1. General Biopsy. RadiologyInfo.org For Patients. Accessed June 27, 2023. <https://www.radiologyinfo.org/en/info/biopgen>
2. Needle Biopsy of the Liver. Accessed June 27, 2023. MyHealth.Alberta.ca Network. <https://myhealth.alberta.ca/health/Pages/conditions.aspx?hwid=hw232128>

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