

Thyroid Biopsy

Patient Information Sheet

A biopsy is a sampling of cells or tissue from a suspicious mass. Guided by ultrasound, a small needle has been inserted to remove a sample of cells. These cells will then be examined by a pathologist in the laboratory. Pathology results may take seven to ten (7-10) days for complete analysis.

We are sensitive to your needs and concerns and want to let you know your safety and well-being are our primary concern. This information will help you understand the recovery process.

Instructions after Thyroid Biopsy

- You may resume your regular activities immediately following the procedure.

Diet

- You can eat what you normally eat.

Medications

- If needed for pain or discomfort, take Tylenol (acetaminophen) for the next 48 hours. Follow the directions on the label.
- **Do not** use Aspirin or ibuprofen products, such as Advil or Motrin, as it may increase bleeding.
- You may resume your usual medications unless instructed differently.

Dressing Care/Sutures

- Remove the gauze dressing (Band-Aid) the day after the procedure.

Bathing

- You may shower or bathe the day after your procedure.

What to watch for

- Difficulty swallowing
- Difficulty breathing
- Feeling unusually faint or light-headed
- Redness, excessive swelling, or discharge from the site
- Fever more than 100°F (38°C) or chills
- Excessive bleeding such as a bloody dressing

If you experience any of the above changes call your doctor, Telehealth Ontario (1-866-797-0000), or go to your closest Emergency Department. Take this sheet with you.

Please call as soon as possible to make a follow up appointment with your referring doctor,
Dr. _____, to discuss the results of this procedure.

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