

# HOUSTON THYROID & ENDOCRINE

Specialists



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## Fine Needle Aspiration of the Thyroid

### Fact Sheet

#### Description of procedure

With this procedure a sample of the thyroid gland is taken. It is performed by puncturing the skin in the neck with a very fine needle to access the thyroid gland located at the front of the neck.

#### Purpose of the procedure and expected benefits

Its purpose is to determine the nature of a number of thyroid lesions or diseases, and in particular to distinguish benign thyroid nodules from malignant ones. Along with other tests, it will assist in firm or approximate diagnosis. This will enable your physician to specify the most suitable treatment for your ailment.

#### Reasonable alternatives to this procedure

The only alternative would be surgery.

#### Predictable consequences of procedure

The procedure aims to secure an accurate diagnosis in order to apply the most suitable treatment. There is a possibility of an inadequate sample being obtained. There is also a possibility of a false diagnosis.

#### Predictable consequences if not performed

Failure to perform the procedure entails a lack of information in diagnosing the ailment. More specifically, if it is not performed, malignancy cannot not be ruled out. Without accurate diagnosis, the treatment given might not be the most suitable.

#### Risks of procedure

Despite the proper choice of technique and its being carried out correctly, undesirable side effects may arise. The main ones are specified below.

Frequent:

Short-lived slight discomfort at puncture site (average 24 hours), Bruising at puncture site with no significant consequences.

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#### Infrequent:

Build-up of a small quantity of blood in the thyroid, Puncture of adjacent structures such as the trachea and blood vessels, Build-up of air under the skin, Transitory paralysis of the recurrent nerve (temporary disruption of a nerve that will cause a loss of voice for a few days), Vagal reaction (fainting), Infection of neck structures.

#### Risks depending on patient's personal and clinical situation

As regards the patient, he/she must report possible allergies to medicines he/she may have, problems with clotting, cardiopulmonary diseases, existence of prosthesis, pacemakers, current medicines and any other relevant circumstance.

Depending on the patient's current health situation (diabetes, obesity, hypertension, anemia, old age, respiratory insufficiency, etc...), there may be an increase in the frequency or the seriousness of the risks or complications.

#### Additional note

The physician will listen to all your remarks and will clarify any of your queries in clear and simple language.

#### Aftercare Instructions:

1. Keep adhesive bandage in place for 24 hours
2. If you have any tenderness use a cold wet towel compresses and one acetaminophen 500mg tablet every 8 hours as needed
3. Please call our office if you have any questions
4. We will have your results in approximately 2-3 weeks. We will contact you.