



## WHAT IS AN FNA?

Fine Needle Aspiration (FNA) is a procedure that is performed by our ENT physicians to biopsy a thyroid nodule or other neck mass. An FNA is a simple, and safe procedure that is performed in our office. Ultrasound guidance is an important tool in ensuring the tissue is taken directly from the nodule. Indications for an FNA are typically a nodule or cyst larger 1.0 cm (10mm) or one that has recently changed significantly according to diagnostic imaging. An FNA may also be recommended if there are smaller nodules that display unusual characteristics.

## PREPARING FOR YOUR FNA

Please eat normally the day of the procedure. We recommend patients eat a small meal or snack about an hour before their procedure. **It is important to wear appropriate clothing that exposes the lower neck area, such as a V-neck shirt or button down shirt.** Please also remove necklaces prior to your procedure. There are typically no restrictions following the procedure.

\*Blood thinning medications such as Coumadin, Plavix, or Aspirin may need to be discontinued prior to the biopsy. Discontinuing these medications should be determined by your primary care physician prior to the procedure.

## WHAT TO EXPECT

Our skilled Ultrasound Technologist will start by using ultrasound to locate and evaluate the nodule that is to be biopsied. The area on the neck will then be cleaned. With careful ultrasound guidance, the physician will obtain a specimen directly from the nodule. The biopsy is obtained by removing a tiny amount of tissue from the nodule. The collected tissue will be processed and evaluated under a microscope by an on-site Cytotechnologist. This preliminary evaluation will determine if there is enough tissue for the Pathologist to make a diagnosis at the lab. If there is not enough tissue present, it will be necessary to repeat the process until adequacy is reached. The biopsy process is typically repeated on average 3-5 times.

## POSSIBLE SIDE EFFECTS

Patients may experience minor bleeding or bruising, as well as mild tenderness or inflammation after the procedure. Tylenol may be used following the procedure as needed. Most patients leave our office to return to work or other activities planned for that day.

## AFTER YOUR FNA

The tissue specimens collected at the procedure are brought to the pathology lab to be completely processed. A Pathologist will evaluate the specimen to obtain a final diagnosis. A follow up appointment to review results should be made at checkout, if not made already, for 1 to 2 weeks following the FNA. Once results are received and reviewed by the provider, the patient will receive a call and given results approximately 4-5 business days following your procedure. At the follow up, the results will be reviewed in detail and plan will be discussed.