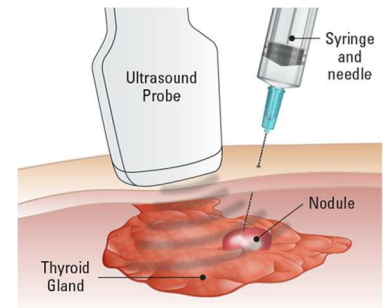




## FINE NEEDLE ASPIRATION DISCHARGE EDUCATION

### **Information:**

Fine needle aspiration is a type of biopsy procedure. During the procedure a thin needle is inserted into an area of abnormal appearing tissue or body fluid. Fine needle aspiration can help make a diagnosis or rule out conditions such as cancer or infection. A fine needle aspiration is most often done on swelling or lumps located just under the skin.



### **What should I expect before the Fine Needle Aspiration**

- 3 days prior to procedure you will need to stop taking aspirin or other blood thinners such as Plavix, warfarin, coumadin or any of the newer direct oral anticoagulants such as Eliquis and Pradaxa.
- Nothing to eat or drink 6 hours prior to procedure.

### **What should I expect after Fine Needle Aspiration**

- The procedure is usually performed using a local anesthetic and no medications are used that affect consciousness or thinking. After the procedure, you may be asked to sit up slowly to prevent you from getting lightheaded. Most patients typically leave feeling well. There are very few, if any, restrictions on what you can do after a thyroid biopsy. Because of this, it is not generally necessary to bring a companion to help or drive you home.
- Some discomfort at the site of the biopsy is expected following the procedure. Tylenol® and ice compresses can be used to relieve discomfort and mild bruising.

### **Bathing & Wound Care:**

- It is okay to shower 24 hours after the procedure. Gently wash the site with soap and water, do not scrub.

### **Follow-up visit information:**

Call your primary doctor after discharge for a follow-up appointment if you don't already have one. For all results please contact your primary care doctor or referring doctor. Follow up with Interventional Radiology is not routinely necessary.

### **Occasionally, a situation will require prompt attention and an emergency room visit is necessary:**

- Your procedure site starts bleeding and will not stop after 10 minutes of firm pressure
- You have shaking chills or a temperature over 102°F
- Sudden shortness of breath

### **If you received Conscious Sedation (IV sedation) or General Anesthesia and are discharged the same-day:**

- You must have someone drive you home when you leave the hospital.
- For 24 hours after your procedure, do not do anything where you need to be mentally alert. This includes making important decisions, operating machinery, signing important papers, etc.
- Eat light for the first 24 hours, and then start eating more as you are able. Drink plenty of fluids.
- **Sore throat or mild "hang over" type feeling for a day or two from the general anesthesia. This may include mild nausea.**
- If you are taking pain medications:
  - Take as directed
  - Do not drink alcohol while taking narcotic pain medication
  - Do not drive

- If you are constipated, drink more fluids and eat more fiber. You can also use an over-the-counter stool softener.

**For any questions please contact Oregon Interventional Radiology at 541-618-5801**

**In all emergency situations call 911**