

# Thyroid Biopsy After Care



Interior Health  
Every person matters

Patient Information

[www.interiorhealth.ca](http://www.interiorhealth.ca)

## After your Thyroid Biopsy

- You may experience tenderness at the biopsy site. This should resolve in a few days.
- You may have a small amount of swelling and/or bruising at the site.
- If you have bleeding from the biopsy site, apply steady pressure with a gauze pad.
- Any time we put a needle into the body; there is the potential of introducing infection. Watch for redness, swelling, pus or discharge from the biopsy site.
- To ease discomfort, keep your head raised on a pillow when you are lying down and support the back of your head and neck as you sit up from a lying position.
- If you have a sore throat; use throat lozenges or gargle with warm salt water.

## Caring for your Biopsy Site

- Keep the bandage on your biopsy site for a few hours.
- There are no restrictions following this procedure.

## Results

- Results are usually available within 1 to 2 weeks.
- You will get the results from your doctor. If you are not notified within 2 weeks, contact your physician to discuss the findings.

## Medications

- If you have pain after the biopsy, take acetaminophen (Tylenol®) if able, or as directed by your physician.
- Avoid taking nonsteroidal anti-inflammatory drugs (NSAIDs) for 24 hrs as they can increase bleeding.
- If you take medications to thin your blood (such as aspirin or other anticoagulants), the performing radiologist or your physician/specialist will advise when you can resume. Continue all other medications the same day unless otherwise specified.

## Call your Doctor or Nurse if:

- Fever, chills, flu-like symptoms or feeling generally unwell
- Increased bleeding from the biopsy site
- Difficulty swallowing
- Drainage, redness, swelling or pain at the biopsy site
- New swelling to lymph nodes in your neck
- You have any questions

*Outside office hours if you feel you need immediate medical attention, go to the nearest Emergency Department.*

## Other Instructions

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| Healthlink BC  | Nurse            | 24 hours a day | Daily   | Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication. |
| <b>Call 8-1-1</b>  | Dietitian        | 9 am–5 pm      | Mon–Fri |   |
|  | Pharmacist       | 5 pm–9 am      | Daily   |   |
|  | Hearing Impaired | Call 7-1-1     |         |   |
| <a href="http://www.healthlinkbc.ca">www.healthlinkbc.ca</a> |                  |                |         |   |