

DISCHARGE INSTRUCTIONS

HOME CARE INSTRUCTIONS AFTER THYROID BIOPSY

You have had a procedure involving the insertion of a small needle into your thyroid to obtain tissue for diagnosis. A pathologist will examine the tissue under a microscope. Your doctor will notify you of the results of your biopsy usually within a few days.

ACTIVITY: Most patients can return to work the same day; however, avoid any vigorous physical activity for 24 hours.

COMFORT: If you experience discomfort or tenderness at the site, you may take your usual/recommended pain medication. No aspirin or aspirin containing products the day of the biopsy. You may feel more comfortable lying with your head partially raised. Avoid strain on your neck by putting both hands behind your neck to support your head when you sit up. You may use intermittent cold packs 15 minutes at a time for comfort.

DIET: You may resume your usual diet.

SITE CARE: Occasionally a patient may have a small amount of bleeding from the needle puncture site. If this happens, you should lie down and apply gentle direct pressure to the bleeding site for about 10 minutes. When the bleeding has stopped, apply another clean Band-Aid. Keep bandage on for 24 hours. Then you may remove the bandage and shower. You may put on a clean Band-Aid or leave it open to air.

RETURN TO THE NEAREST EMERGENCY ROOM:

If you have persistent bleeding, problems breathing, or neck swelling, please have someone take you to your nearest emergency room.

CALL YOUR DOCTOR FOR:

Fever over 101 degrees, increased redness or swelling, and/or persistent drainage/discomfort around biopsy site.

If you have any questions or concerns, please call to speak with the Radiology Nurse or Radiologist at 828-452-8153.

**Patient or Authorized
Person's Signature:** _____ **Date/Time:** _____

Physician or Provider: _____ **Date/Time:** _____

Person providing instructions: _____

**MEDWEST HAYWOOD
DISCHARGE INSTRUCTIONS
THYROID BIOPSY**

RAD069 (01/24/11)



DOB:

AGE: