Fine Needle Aspiration of Thyroid Nodules

Ng Teng Fong
General Hospital

The Diabetes, Endocrine & Metabolism Centre offers one-stop accessible care to patients and is staffed by experienced endocrinologists, diabetes nurse educators, podiatrists and dietitians to manage patients' diabetes, thyroid problems, obesity and other related disorders. Patients with lipid, calcium and bone disorders, pituitary disorders, adrenal disorders and endocrine hypertension can approach us to find out more.

Fine needle aspiration is a procedure that involves extracting thyroid cells under ultrasound guidance from a patient to examine the cause of a lump (nodule) in the thyroid gland.

Preparation

- Your doctor will discuss the procedure with you.
- Your consent will be taken.
- No special preparation is required. You can eat normally without fasting.
- Do not wear any necklace.
- Please wear comfortable clothes that do not cover your neck, e.g. T-shirt.
- If you are on blood-thinning or anti-coagulation medication, consult your doctor before the procedure.

During the procedure

- You will lie down with your neck extended.
- Your doctor will apply a topical anaesthetic gel before the procedure.
- It is important to lie very still during the procedure.
- With the help of an ultrasound, your doctor will determine where to place the needle.
- A tiny thin needle is inserted into your thyroid gland to remove a small amount of thyroid tissue or fluid. This may be performed more than once in order to obtain representative samples from different areas within the nodule.
- Do not cough, talk or swallow when the needle is inserted.
- After the procedure, gentle pressure will be applied to the area where the needle was inserted.
- The procedure will take about 30 minutes.

After the procedure

- A plaster or light dressing will be applied to the area where the needle was inserted. You may remove it four hours later.
- The area may be sore and tender but you may take pain relief medication to help you feel better.
- You can resume your usual activities without problems.

Important

Slight bruises may appear where the needle was inserted. This is normal and will go away after one to two weeks.

Please go to the Emergency Department if:
- Your neck swelling increases.
- You experience difficulty breathing or swallowing.
- You experience severe pain.

Follow-up appointment

Results are usually available in 7 to 10 days. You will be scheduled an appointment to discuss the results with your doctor.

Please attend all follow-up appointments at our clinic.

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital
1 Jurong East St 21, Singapore 609606
www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours
Monday – Friday: 8.30am – 5.30pm
Saturday: 8.30am – 12.30pm (Selected clinics only*)
Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm
Please refer to our websites for more details.

General enquiries & appointments
General enquiries line: 6908 2222 (24-hr)
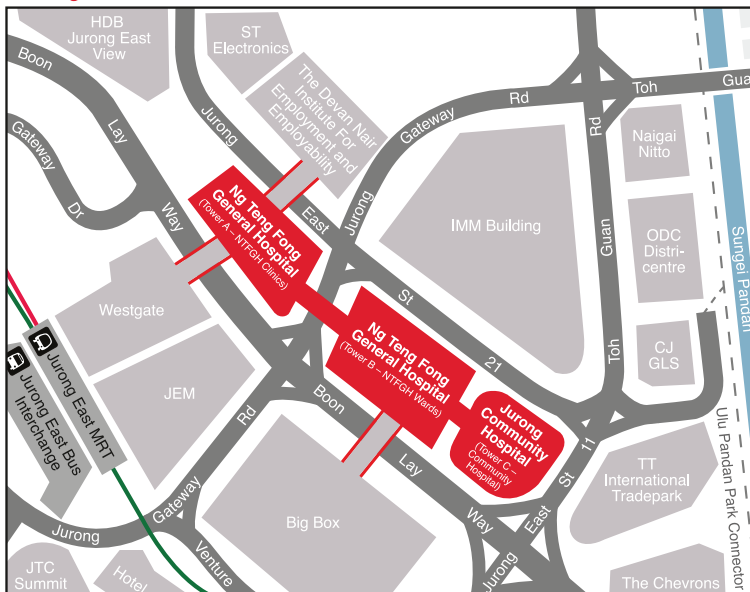Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)
Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)
Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there

By train
Alight at Jurong East MRT Station

By bus
Jurong East Bus Interchange
41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way
49, 99, 333, Private bus service 625, 990