

## Fine Needle Aspiration (FNA): aftercare

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You have had a fine needle aspiration of a thyroid nodule/lymph node/\_\_\_\_\_ where we took some tissue samples to find out what is wrong.

This was performed by Dr \_\_\_\_\_

Date and time: \_\_\_\_\_

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### What to expect afterwards

- Rest, take it easy and avoid strenuous activity for the next 2 hours.
- You may have pain, bruising and discomfort near/around the sampling site. This should improve over the next 24 hours. Please take painkillers for relief at home if needed (see below).
- Slight oozing from your wound site is normal, if you see fresh blood or bleeding put pressure on it immediately.

### When to seek help

Please contact us if you experience:

- New fresh or increased bleeding.
- Pain that is not controlled with painkillers.

Please bring this information sheet with you if you seek medical attention.

### Pain relief

If you have the following painkillers at home, take as follows if it is safe for you to do so:

- Paracetamol – do not take more than 8 tablets in 24 hours (unless you have been advised otherwise e.g. you have a reduced liver function).
- Anti-inflammatory – Ibuprofen, Aspirin, etc. You can take one of these in addition to paracetamol if you have moderate pain (unless you have been advised otherwise e.g. you have a duodenal ulcer).

As healing occurs, you will feel less pain. Once your pain is controlled and is mild, you should only take paracetamol. If your pain remains severe for more than three days or is not relieved by your painkillers, you should contact your GP.

### Looking after your wound

Try to keep your wound dry for the next 6-12 hours after which you can remove the dressing and clean it normally.

### When can I resume my normal lifestyle?

You should be able to resume most normal activities of daily living within 6 hours.

### When can I drive?

This is usually almost immediately, although sometimes you may feel a little faint for up to 15 minutes.

### What happens next?

The results of your test will go to your referring doctor (usually between 7-10 days). They should contact you or arrange a follow-up appointment to see you in clinic.

### Contact us

Radiology Day Case Unit on 0118 322 8368 (Monday-Friday 8.30am-5pm).

Out of hours please attend Royal Berkshire NHS Trust Emergency Department or your nearest Emergency Department.

### Further information

For further information about the Trust, visit our website [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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Radiology Department, September 2017

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