

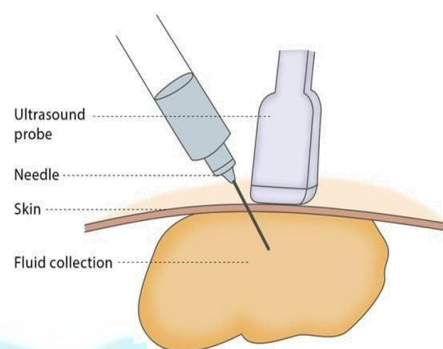


## Procedure Information

### Percutaneous Fine Needle Aspiration (FNA) Biopsy

#### Introduction

Biopsy is an investigative procedure that involves taking a sample of tissue to examine for diseases. During percutaneous fine needle aspiration (FNA), a small needle is inserted into a mass or an abnormal area through the skin under imaging guidance such as X-ray, computed tomography (CT), or ultrasound. A sample of tissue is removed via the needle by a radiologist with special training in interventional radiology. The sample of tissue is then sent to the pathology laboratory for diagnosis.



Source:  
<https://www.cirse.org/wp-content/uploads/2018/08/Aspiration600x500-600x500.jpg>

Please discuss the risks and benefits of this procedure with your doctor for better option plans and treatment.

#### Outcomes

The tissue samples are taken out and examined by pathologists for cytological or histological assessment.

#### Procedures

1. This procedure is performed under aseptic technique.
2. Depending on the indication, anaesthesia may not be required. Sometimes, it may be performed under local anaesthesia with or without sedation.
3. Under image guidance such as X-Ray, computed tomography or ultrasound, a fine needle is inserted into the lesion and adequate specimen is aspirated for pathological analysis.
4. One or more needle passes may be required to provide an adequate amount of sample for analysis.
5. The puncture site is pressed to stop bleeding and covered with a sterile dressing.
6. The specimen taken is sent to laboratory for examination.

#### Possible Risks and Complications

1. Puncture site bleeding
2. Puncture site infection
3. Puncture site pain
4. Haematoma formation
5. Not all FNAs are successful. FNA result may be affected by sampling error, or inadequate amount of tissue being obtained for diagnosis.
6. Repeated FNA may be required.
7. Despite these potential complications, Percutaneous FNA is normally very safe and is designed to save the patient from having a major procedure. Common complications are generally minor and severe complications are rare.

**\*\*** The risks listed above are in general terms and the possibility of complications is not exhaustive. Please understand that even though all procedures are carried out with utmost professionalism and care, this does not rule out the possibility of complications from arising.

### **Pre-procedure Preparations**

1. Good hygiene can prevent wound infection. Therefore, we advise you to clean up yourself on the day of the procedure.
2. The procedure and possible complications will be explained by the doctor and a consent form must be signed prior to the procedure.
3. Please inform the doctor and nurse all your past medical history, previous surgical operations, current medication and any complication with drug or anaesthesia.
4. Please inform our staff if you are or might be pregnant.
5. Several drugs, herbs and supplements which influence coagulation ability may be withheld a few days before the procedure.
6. Blood tests may be performed to assess the coagulation profile. Correction with transfusion of blood products may be needed before the procedure.
7. No food or drink six hours before the procedure if necessary.
8. Prophylactic antibiotic may be administered.
9. A doctor may mark the side you are to be operated on. Please do not wash off the marking.
10. Under some circumstances, you may need to change into a surgical gown after removing all belongings including undergarments, dentures, jewellery and contact lenses.
11. Please empty your bladder before the procedure.

### **Post-procedure Instructions**

1. In most cases, FNA biopsy is an outpatient procedure, but occasionally if the tissue sample is taken from an internal organ, you may be required to stay in hospital for a few hours.
2. The puncture site is very tiny, and the dressing can be removed later on the same day, or according to the doctor's instruction.
3. If discomfort, bleeding or pain from the puncture site persists or worsens, please inform our staff.

### **Advice on Discharge**

1. Take the prescribed pain medication as needed.
2. Avoid strenuous exercise for 24 hours. If the tissue sample is taken from an internal organ, avoid strenuous exercise and contact sports for 5 days.
3. The FNA result will be available in a few days.
4. Immediately consult your doctor or return to hospital for professional attention in the event of severe wound pain, swelling, bleeding, pus discharge, shivering, high fever over 38°C or 100.4°F, or any other unusual symptoms.
5. Any follow-up consultations should be attended as scheduled.

Should there be any enquiries or concerns, please consult the attending doctor.

Under the professional care of the doctor, you will gradually recover. We wish you all the best during your treatment and recovery.

If you have any questions after reading the entire leaflet, please write them down in the spaces provided in order for the doctor to further follow-up.

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Compiled by Union Hospital Operating Theatre (OT) Governance Committee

The above information is for reference only, please enquire your physician for details  
Our Hospital reserves the RIGHT to amend any information in this leaflet without prior notification

