

Thyroid gland sclerotherapy

You are coming for a treatment procedure for a benign thyroid condition (cyst or nodule). The procedure is guided by ultrasound.

How to prepare for the procedure?

- Please contact your outpatient clinic as soon as possible if you are taking medicines that affect blood clotting (Marevan, Plavix, Eliquis, Xarelto). Also please contact the outpatient clinic if you are hypersensitive to anaesthetics.
- Blood tests may be taken for this procedure. If so, the blood tests should be performed the day before the procedure.
- **On the day of the procedure, you must fast from all food and drink 4 hours before the time of the procedure. You may take your regular medications normally.**
- Jewellery and watches must be left at home when you come for the procedure.

How is the procedure done?

- The procedure is performed under local anaesthesia.
- The duration of the procedure is 30 minutes to 1 hour.
- You will be given an IV injection line in case we need to administer medication.
- Using ultrasound guidance, the needle is inserted to the desired location of the thyroid gland. X-rays are not used.
- In the case the mass is fluid-filled, the fluid is drained before injecting the therapeutic agent.
- Ethanol is most often used as a treatment agent.
- It is not routine to take tissue samples from the thyroid gland during sclerotherapy.

What about after the procedure?

- After the procedure, you will be monitored in the department for about ½ hour, after which you can go home. However, be aware that the follow-up time may also be longer (e.g. 2–3 hours). This is the case if your condition so requires or if you have received a strong painkiller during the procedure.
- After the procedure, you can eat and drink normally if there are no other restrictions.
- In most cases, the treatment goal is achieved with one treatment. Extensive disease may require multiple treatments.

Where do you get the results from the procedure?

The referring outpatient clinic or ward is responsible for communicating the results of the examination to you.