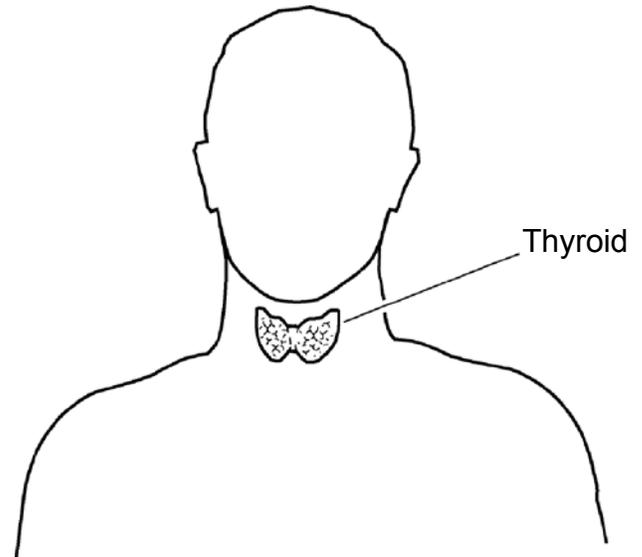


Thyroid Biopsy

The thyroid is a gland in the neck that makes and stores hormones. These hormones adjust your heart rate, blood pressure, body temperature and the rate that food is changed into energy. During a **thyroid biopsy**, small samples of cells are removed from the thyroid and sent to the lab for testing. Your doctor will review the results of your biopsy with you at your next visit and talk to you about treatment if needed.



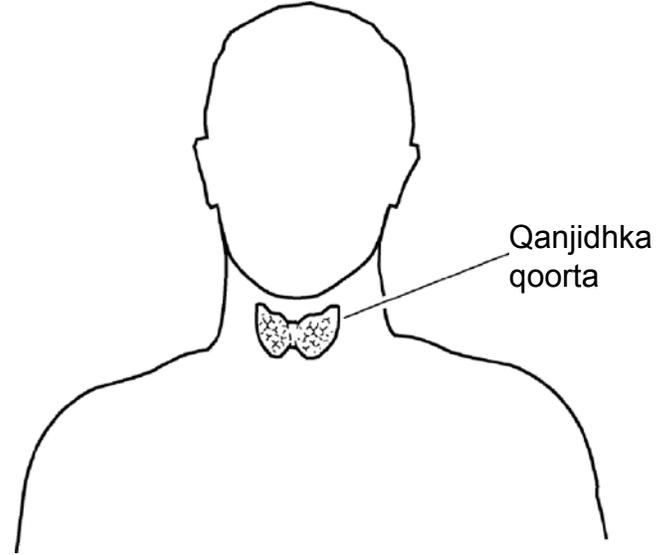
Arrive on time for your test. You may be told to arrive 30 minutes before your appointment time. Plan to be here 2 to 3 hours.

During the Test

- You will lie on a table and may wear a hospital gown.
- The skin is cleaned.
- Numbing medicine is put into the skin. This may sting.
- An ultrasound, a machine using sound waves, is done to find lumps in the thyroid called nodules.

Cad ka Jaridda Qanjidhka Qoorta

Qanjidhka qoortu waa qanjidh ku yaalla cunaha oo sameeya kaydiyana dheecaannada harmoonaadada. Dheecaannadani waxay simaan shaqada, wadnaha, cadaadiska dhiigga, heer-kulka jidhka iyo sida cuntada loogu baddalo tamar. **Marka lagaa goynayo** cad yar oo ah qanjidhka qoorta, waxaa lagaa soo jaraa cad yar ama unugyo yaryar, waxaan loo diraa shaybaadh. Dhakhtarkaagu wuxuu eegi doonaa jawaabta ka soo baxda baadhitaankaas, waxaana uu kaala hadli doonaa oo kuu sharxi doonaa marka labaad ee aad booqatid. Waxaana uu kuu sheegi haddii loo baahan yahay daawo.



Kaalay xilligii lagu ballamiyey. Waxaa lagu odhan karaa kaalay 30 daqiiqo ka hor xilliga ballanta. Ku talagal inaad halkan joogtid 2 ilaa 3 saacadood.

Inta uu socdo baadhitaanku

- Waxaa lagugu jiihin doonaa miis, waxaana laga yaabaa in lagu xidho dharka isbitaalka.
- Waa la nadiifinayaa jidhka.
- Dawo kabuubyeyn ayaa la mariyaa meesha la goynayo. Xanuun baad dareemi kartaa.
- Mishiin ultrasound, kaasoo adeegsanaya mawjadaha codka (sound waves), ayaa lagugu sameeyaa si loo helo meelo kuusan oo ku jira qanjidhka qoorta.

- When the skin is numb, a small needle is put into the thyroid nodules. Some cells and tissue are pulled out in a syringe to be checked in the lab. You will need to hold still and not swallow while the needle is being inserted and the cells are collected.
- This may be repeated several times.

After the Test

You may have bruising, discomfort and swelling at the biopsy site. If needed:

- Use over the counter pain medicine that does not contain aspirin such as acetaminophen (Tylenol) or ibuprofen (Advil, Motrin).
- Apply an ice pack to the site to reduce swelling and bruising. Do not apply ice directly to the skin. Apply ice for 20 minutes and then take the ice off for at least 30 minutes.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to the staff if you have any questions or concerns.

- Marka la kabuubyeeyo maqaarka, waxaa lagu mudaa irbad yar qanjidhka qoorta. Unugyo yaryar ayaa lagaga soo qaadaa siliij si loogu baadho shaybaadhka. Waa in aanad dhaqaaqin oo aanad wax liqin inta lagu galinayo irbadda ee la soo ururinayo unugyada.
- Waxa laga yaabaa in tan lagu celiyo dhawr jeer.

Baadhitaanka ka dib

Waxaa laga yaabaa inaad bararto, xanuunsato amay ku damqato halka lagaa jaray cadka. Haddii loo baahdo:

- Adeegso dawo xanuun ilowsiis oo aanay ku jirin asbiriin sida acetaminophen (Tylenol) ama ibuprofen (Advil, Motrin).
- Dul saar baraf meesha lagaa qalay, si uu uga dhaco bararka iyo damqashadu. Si toos ah ha u saarin barafka jidhka. Ku hay barafka ilaa 20 daqiiqo, deedna ka daa barafka ilaa 30 daqiiqadood ugu yaraan.

Natijada baadhitaanka waxaa loo dirayaa dhakhtarkaaga. Isaga ayaa dhakhtarkaagu kuu sheegi doona wixii ka soo baxay.

La hadal shaqaalaha caafimaadka haddii aad qabtid wax su'aalo ama walaac ah.

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Thyroid Biopsy. Somali.