

Ultrasound-guided Biopsy for Thyroid or Lymph Node

Information for patients and families.



You are having a biopsy (removal of a few cells) of either your thyroid or a lymph node, or both, in your neck. We do this using ultrasound to help guide where we place the needles for the biopsy. Before having the actual biopsy, you will have an ultrasound exam of your neck. It is important for you to let the ultrasound department know if you have any current medical conditions or allergies.

Your ultrasound-guided biopsy is scheduled on:

_____ at _____ a.m./p.m.



Meet our team.

We have gathered a team of specialized people to care for you during your procedure, including:

- Ultrasound scheduler
- Radiologists
- Sonographers
- Laboratory specialists

Ultrasound scheduler.

Ultrasound schedulers can be reached at 720.848.1860, 7:30 a.m.-4:30 p.m. Monday-Friday.

Radiologists.

The radiologist is the doctor who performs your ultrasound-guided thyroid or neck biopsy. Our radiologists, Dr. Kristin McKinney and Dr. Nayana Patel, have more than 20 years of combined experience. They have performed neck and thyroid biopsies on more than 2,500 patients and are seen as experts in this area.

Sonographers.

We have a team of more than 30 sonographers who work in the ultrasound department. The sonographer will take images of your thyroid or neck. They will also use the ultrasound machine to guide the radiologist during your biopsy.

Laboratory specialists.

The lab personnel will be in the room during the procedure. They will prepare the biopsy sample on a slide. They will also check the biopsy sample under a microscope to make sure that it is enough to run the tests.

Kristin McKinney, MD

Medical degree:
University of Cincinnati
College of Medicine

Internship:
Surgical Program,
Saint Joseph Hospital,
Denver, CO

Residency: University of Colorado
Hospital

Fellowship: University of Colorado
Hospital



Nayana Patel, MD

Medical degree:
Gujarat University,
BJ Medical College,
Ahmedabad, India

Internship:
School of Medicine
Program, University of Louisville,
Louisville, KY

Residency: University of Louisville,
School of Medicine Program

Fellowship: Washington University,
Barnes-Jewish Hospital, St. Louis
Children's Hospital



How to prepare for your biopsy.

1. Medicines:
 - Do not take any aspirin or ibuprofen for five days before your biopsy. Taking "baby aspirin" is OK.
 - Do not take Coumadin®, Plavix® or other blood thinners for five days before your biopsy:
 - Please talk to your referring provider before stopping these medicines.
 - You should also talk with your referring provider to know when to restart these medicines after your biopsy.
 - If there is a medical reason not to stop the medicines mentioned above, your referring provider will need to speak directly with the radiologist before we can do your biopsy.
2. When you check in:
 - Please make sure you bring a photo ID and proof of insurance with you.
3. Your co-pay is due at time of service.
 - Please check in 15 minutes before your scheduled visit.
 - Please bring a current list of all medicines you are currently taking with you.
4. If you are currently getting your care from UCHHealth, this information should be in our electronic medical record.

If you need to reschedule, please do so within 24 hours of your visit time. Call 720.848.1860 with any questions or concerns.

What to expect the day of the biopsy:

- The radiologist will review the procedure with you before starting the biopsy:
 - You will need to sign a consent form.
 - Ultrasound will be used throughout your neck biopsy to help guide the doctor to the selected targets.
- Before starting the biopsy, the doctor injects the correct area of your neck with a local numbing medicine (lidocaine).
- The doctor will most likely take two to three samples from each identified nodule or lymph node to be biopsied.
- The tissue sample is given to the person in the room who is from the laboratory. They will make sure that the doctor has enough tissue samples.
- The full procedure, in most cases, takes about 60 minutes.
- Your referring doctor should receive a report of the samples taken within three to five business days.

What to expect after the procedure:

- You may have some minor pain or swelling in the area of the biopsy. It may last for a few days.
- A cold or warm compress on your neck may help relieve minor pain.
- If you need to take something for the pain:
 - You may take Tylenol® (acetaminophen), which you can buy over the counter.
 - You should not take aspirin and non-steroidal, anti-inflammatory drugs for 24 hours after the biopsy. This includes:
 - » Aspirin
 - » Naproxen, Aleve®
 - » Ibuprofen, Motrin®, Advil®
- You do not need to restrict your daily activities.
- You may eat or drink whatever you like.
- Call the Ultrasound Department at 720.848.1860, or call your primary doctor if:
 - You feel more than a minor amount of pain.
 - Your pain does not get better.
 - You have other questions.
- If you need help right away or are experiencing a medical emergency, always call 911.

Driving directions and parking.

University of Colorado Hospital
Anschutz Inpatient Pavilion
12605 E. 16th Ave.
Aurora, CO 80045
uchealth.org

From downtown Denver.

East on Colfax to Quentin Street.
Left on Quentin Street to 16th Avenue.
Right on 16th Avenue to the stop sign.

From the south (via I-225).

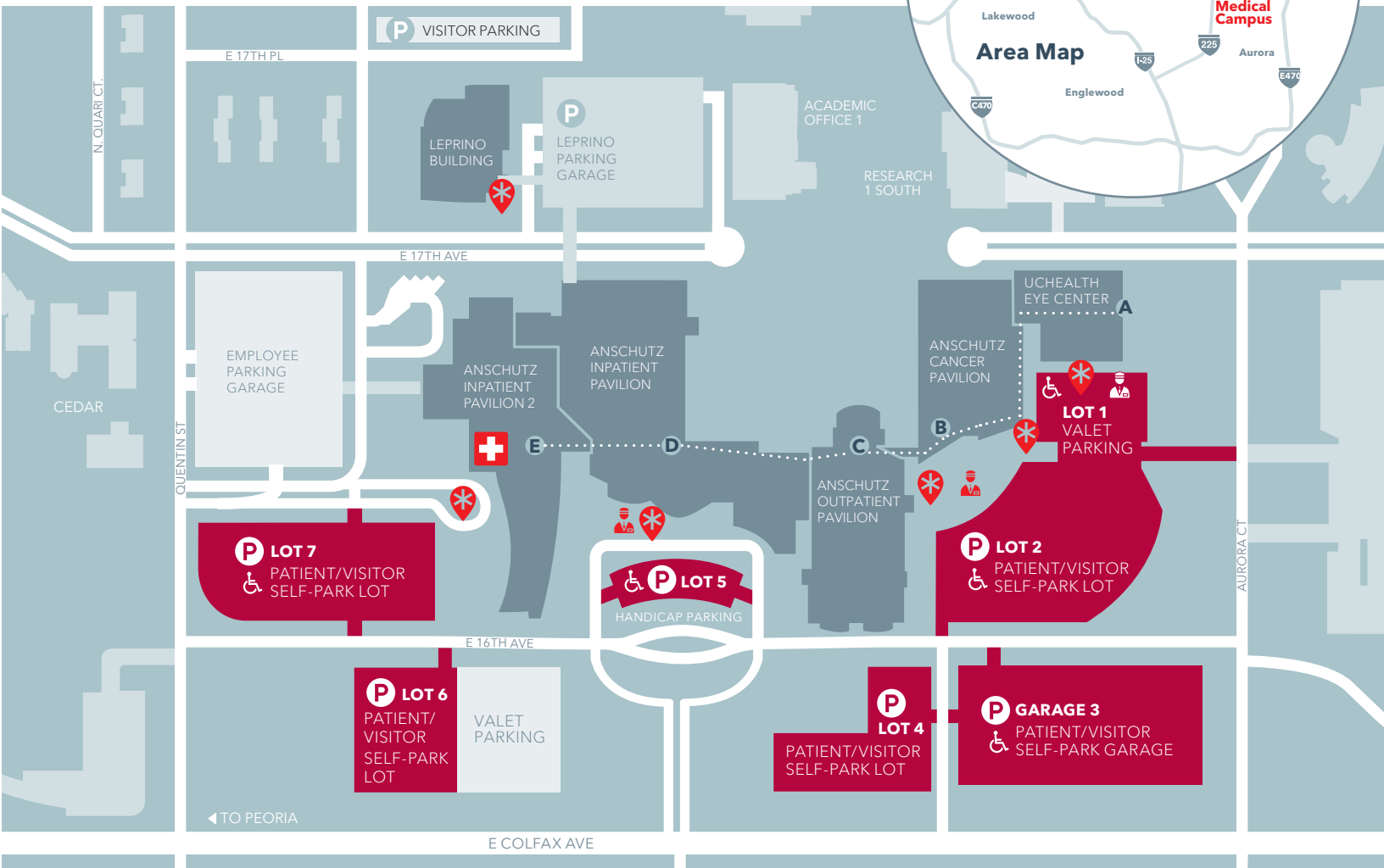
West on Colfax to Aurora Court.
Right on Aurora Court to 16th Avenue.
Left on 16th Avenue to the stop sign.

From the north.

South on Peoria to Colfax.
East on Colfax.
Left on Quentin Street to 16th Avenue.
Right on 16th Avenue.

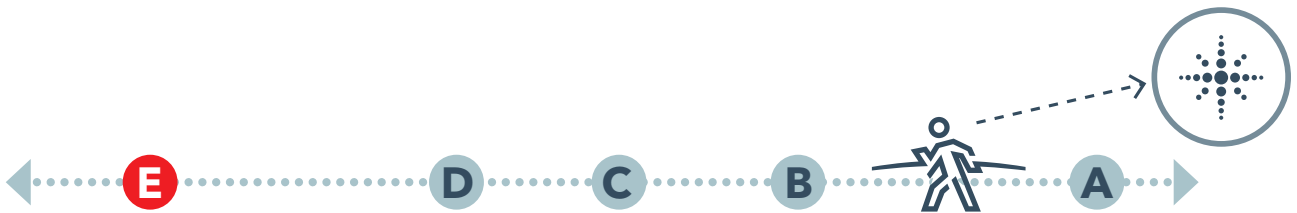
Parking:

- Parking is free.
- Parking Lot 6 is closest to the Anschutz Inpatient Pavilion, where the radiology department is located.
- Free valet parking is also available.
- The closest valet station is located off of 16th Avenue, just in front of the Anschutz Inpatient Pavilion.



Finding your way to the radiology department.

- Enter through the main entrance of the Anschutz Inpatient Pavilion.
- Turn left at the main pathway to head west towards Elevator Bank E.
- Pass the gift shop and the Garden View Café and proceed down the hall into Anschutz Inpatient Pavilion 2.
- Take the elevators marked with the letter "E" down to the basement. This is the only bank of elevators that can be used by patients and visitors to get to the basement.
- Once in the basement, walk directly into the Diagnostic Radiology waiting room and check in at the window labeled "Ultrasound."



Financial information.

Since health care billing and insurance can be confusing, we provide this information to help you as a patient at UCHealth.

At each visit.

- Bring your:
- Photo ID
 - Current insurance card
 - Complete list of current medicines

Your costs.

We accept most major health plans. We answered questions below that are often asked by our patients. If you have any other questions, please do not hesitate to call our billing office at 866.429.6045.

If you have Medicare:

- If you are a Medicare patient and have a Medicare secondary plan (such as AARP), please bring both cards to each visit.
- If you are on a Medicare Advantage Plan (such as Colorado Access, etc.), please bring your Advantage Plan card only. You do not need to bring your Medicare card.

Managed Care Plans:

- If you are enrolled in a managed care plan (HMO, POS, etc.), your insurance carrier will most often require that you have a referral from your primary care provider. You must have this before you receive services in our facilities. Please make sure that your insurance company has the UCHealth primary care provider that you have selected on file before your first visit.
- It will be up to you to pay for services that you get in our facilities without a required authorization from your insurance carrier. We will try to get approval after you are seen, but we cannot guarantee it will be paid for.
- If you are not sure of what type of plan you have, please call the number on your insurance card for details on your individual coverage.

How many bills will I receive?

You will most often get two bills after receiving care in our facilities:

1. A bill from University of Colorado Hospital for:
 - Facility
 - Lab work
 - Clinical staff
 - Radiology fees
 - Equipment

These fees are most often related to:

- A clinic visit.
- Diagnostic services such as x-ray, ultrasound, etc.
- A surgical procedure within a UCHealth clinic or surgical area.

2. A bill from University Physicians, Inc., for the services provided by the doctor. For example, if you see your primary care doctor and a neurologist, you will get a bill from each of them.

How payment works.

Depending on your benefits, your health plan may assess "Patient Responsibility" to your bills from University of Colorado Hospital and/or University Physicians, Inc. Some carriers may consider services in our outpatient clinics in order to be billed under your outpatient hospital benefits.

What part of the bill will I need to pay?

- If you have a health plan that needs a copayment, you will be asked to pay this at the time of service. If there are any other amounts due, you will be billed after your visit.
- You should receive an "Explanation of Benefits" letter from your health plan that explains:
 - What services were billed.
 - What your insurance company paid.
 - What amount your insurance considers "Patient Responsibility." (This is the amount that you are responsible for paying per your contract with your insurance company.)
 - "Patient Responsibility" may also be referred to as:
 - » Copayment
 - » Co-insurance
 - » Deductibles
 - » Patient liability
- If your insurance company denies payment of a bill, you may be asked to help us with an appeal or you may be asked to pay for the denied service.
- To find out an estimate of your "Patient Responsibility" or out-of-pocket expenses, we recommend that you review your insurance handbook or call the customer service number listed on your insurance identification card.
- We take cash, checks, money orders and credit cards (Visa, MasterCard, Discover and American Express).

If you have any more questions, please do not hesitate to call our billing office at 866.429.6045.



Take charge of your health without taking time out of your schedule.

Everything you need to manage your health care is available, no matter where you are, on the UCHealth app and at home with My Health Connection.

Features include:

- Schedule virtual visits.
- Make appointments and receive appointment reminders.
- Renew and refill your prescriptions.
- Receive lab and test results online.
- Email your doctor or other UCHealth providers.
- View your medications, immunizations, allergies and medical history.

Get started today.

Download now by searching "UCHealth" in app stores or log into My Health Connection online at MyHealthConnection.uchealth.org.

Places to eat nearby. Places to stay.

University of Colorado Hospital first floor cafeterias:

- Garden View Café in the Anschutz Inpatient Pavilion
- Courtyard Café in the Anschutz Outpatient Pavilion

Restaurants located on campus at 12501 E. 17th Ave., behind the Anschutz Inpatient Pavilion:

- Jimmy John's
- Subway
- Pudge Bros. Pizza

Other restaurants nearby include:

- Panera Bread, 13100 E. Colfax Ave.
- Smashburger, 13700 E. Colfax Ave.
- Noodles and Company, 13700 E. Colfax Ave.
- Chipotle Mexican Grill, 13700 E. Colfax Ave.

Spring Hill Suites Denver at Anschutz Medical Campus (walking distance)

13400 E. Colfax Ave., Aurora, CO 80011
720.859.1100

Comfort Inn, Denver East (3 miles)

4380 Peoria St., Denver, CO 80239
303.375.1500

Best Western Plus (4 miles)

800 S. Abilene St., Aurora, CO 80012
720.748.4800

Hilton Garden Inn, Denver International Airport (5 miles)

16475 E. 40th Circle, Aurora, CO 80011
303.371.9393

Double Tree By Hilton (6 miles)

13696 E. Iliff Place, Aurora, CO 80014
303.337.2800

Contact us.

Scheduling:

Call 720.848.1860 with any questions or concerns about your schedule. If you need to change it, please do so 24 hours before your visit time.

After your procedure:

Call the Ultrasound Department at 720.848.1860, or call your primary doctor if:

- You feel more than a minor amount of pain.
- Your pain does not get better.
- You have other questions.

If you need help right away, always call 911.