

Thyroid Nodules - General Surgery

Indications

- ❑ Thyroid nodule > 1 cm on ultrasound
- ❑ Thyroid nodule increasing in size on 2 subsequent ultrasounds

All patients should receive a thyroid ultrasound and TSH prior to referral

Call the surgeon on call for referrals for indications other than listed above

Patient information

- Reassure the patient that the risk of malignancy is low
- The patient will most likely have a fine needle aspiration in clinic or will be scheduled for one in radiology using ultrasound guidance
- The patient does not need to be NPO or on any special diet or prep for the evaluation appointment.
- Plavex should be stopped 14 days prior to appointment, NSAID should be stopped 7 days prior to clinic if possible

Provider information

- Masses < 1 cm should be followed with Q 6 month ultrasounds x 1 year and then Q 1 year x 2
- Risk of cancer is generally low
- Risk Factors for Cancer
 - Age ,20 or >60
 - Male
 - Hx of neck irradiation
 - Family history of thyroid cancer
 - Rapid growth
 - Symptoms of mass effect
- Thyroid suppression treatment is **NOT** generally recommended