MOLECULAR
DIAGNOSTICS AND THERAPY
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Understanding
USG Thyroid



What is an Ultrasound Thyroid?

USG Thyroid is used to assess the thyroid gland and surrounding structures in the neck. It uses high-frequency sound waves to obtain detailed, clear, and real-time images of the thyroid gland. This scan evaluates the size, shape, and structure. It also identifies nodules, cysts, enlargement, calcifications, and other structural abnormalities without the use of ionising radiation.

Why is it Performed?

USG Thyroid, is advised for suspected thyroid inflammation, enlargement, swelling, thyroid size changes, neck pain, or during a routine physical examination when an irregular thyroid is detected. It may assist in the assessment of thyroid nodules and cysts, inflammation, enlargement of the thyroid, and other abnormalities. The results are discussed in conjunction with the clinical features, medical history, thyroid function tests and physical examination.

Preparation

- Wear loose and comfortable clothing that allows easy access to the neck.
- Inform the medical team about current medicines and relevant conditions.
- Bring previous thyroid function test results or other related investigations.
- Inform the sonologist about any previous thyroid surgery, biopsy, or treatment.

Procedure

The patient is comfortably placed on an examination table, typically with the neck stretched out to facilitate examination of the thyroid gland. A gel is put on the skin of the neck, and the ultrasound probe is gently moved in the neck area and over the thyroid. Images of both thyroid lobes and the isthmus are acquired, and the size, internal structure, and appearance of the thyroid gland are evaluated. The exam typically doesn't cause pain and usually takes just a few minutes.

Important Instructions

- Follow all instructions provided by the sonologist or medical team.
- Remain relaxed and keep your neck in the instructed position during the examination.
- Inform the sonologist if you experience discomfort while extending your neck.
- Bring previous thyroid imaging and laboratory reports when available.
- Inform the medical team about previous thyroid surgery, biopsy, or treatment.

Safety Precautions

USG Thyroid employs sound waves without exposing patients to any ionising radiation. It is generally considered safe when performed by a trained professional using appropriate ultrasound techniques. Doppler assessment may be performed if needed to assess the blood flow in and around the thyroid. Examination is carried out to ensure patient comfort, patient privacy, and clear diagnostic images.

When to Seek Medical Attention?

A thyroid or neck swelling should be medically evaluated, particularly if it is newly noticed or changes over time. Prompt medical attention may be appropriate for a rapidly enlarging neck swelling, difficulty swallowing, difficulty breathing, persistent hoarseness, or significant neck discomfort. At Molecular Diagnostics and Therapy, USG Thyroid is performed using appropriate ultrasound protocols and trained medical supervision, with attention to accurate imaging, patient privacy, safety, and comfort.