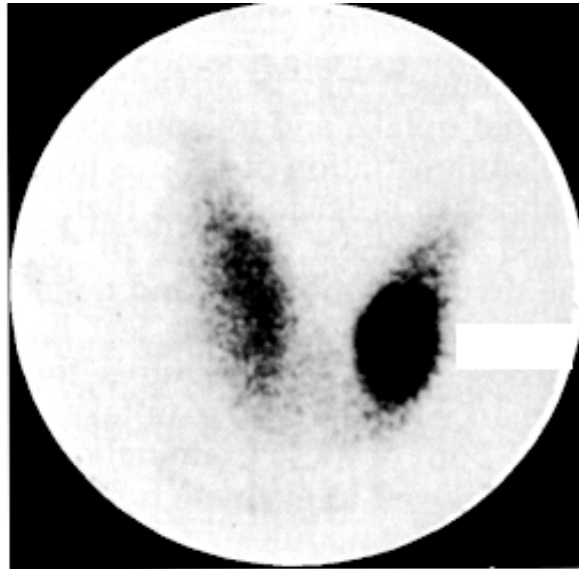


# A PATIENT'S GUIDE TO A THYROID SCAN



## What is the purpose of the Thyroid Scan?

The Thyroid Scan serves two purposes. It will check the size of your gland, and it will check to see how well your gland is working.

The Thyroid Scan **must** be performed over a period of two days in order to make these two measurements.

## What happens when I arrive in the Nuclear Medicine Department?

When you arrive in the Nuclear Medicine Department, a Nuclear Medicine Technologist will explain to you their Thyroid Scan procedure. He/she will probably ask you several questions with regards to the history of your health. This is important to know as some procedures and medications will interfere with the results of the Thyroid Scan.

Every department will perform the following steps in a different fashion. In many cases, on the first day, you will be given either a capsule or a drink with a small amount of a radioactive iodine that will be taken up by your thyroid gland. You will be asked to come back 24 hours later. In some cases, you may be asked to come back six hours later.

## What happens on the second day?

On the second day, the Technologist will bring you into a room where a unit will be placed over your neck, and a measurement will be made of the amount of radioactive iodine that has been taken up by your thyroid gland. This procedure is called a Thyroid Uptake and will take about ten minutes.

## Am I finished after the Thyroid Uptake?

**NO.**

After the Uptake Study, you will then be given an injection in your arm of another radioactive material which will again be taken up by your thyroid gland. After a period of at least 20 minutes, you will then be taken into a room and asked to lie down on a bed. A machine called a Gamma camera will be positioned over your neck which will take several pictures of your thyroid gland. This will take 30-40 minutes. When these pictures are finished, the Nuclear Medicine Physician may want to examine your neck.

## Is there any preparation for the Thyroid Scan?

**YES!**

Check with the department for their specific preparations. If you are on any kind of thyroid medication, you may be asked to stop taking them for several weeks prior to having your Thyroid Scan performed. The night before the test, some departments ask that you fast for 12-24 hours. **IT IS IMPORTANT THAT YOU CHECK WITH THE DEPARTMENT FOR THEIR RECOMMENDED PREPARATIONS BEFORE THE TEST.**

## How safe is the Thyroid Scan?

Any diagnostic procedure may have some risks, and you should consult your physician regarding the risks and benefits of this procedure. Technetium and the small amount of iodine ingested causes minimal side effects, and allergic reactions are rare. The test and material are used routinely worldwide under physician supervision.

## When will I get my results?

The Nuclear Medicine Physician will dictate a report on the results of your test. The report will be sent to your referring doctor. You should make an appointment with your referring doctor who will discuss with you the results of your Thyroid Scan.

*This information is not a substitute for an informed discussion between you and your physician.  
Consult your physician if you need more information on the procedures and drugs used in this pamphlet.*

## Your exam will take place:

**Location:**

\_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_ Phone: \_\_\_\_\_

ReturnTime: \_\_\_\_\_

**Instructions:** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

If you require further information about your test or wish to change your appointment, please call the phone number listed above.

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