

Regional Medical Center
709 W Main Street, Suite 100
Manchester, IA 52057
800/982-1959 or 563/927-2855

Unitypoint.org/cardiologyclinic

Appointment:

Date: _____

Time: _____

Nuclear Medicine Thyroid Uptake and Scan

What is a Thyroid Uptake and Scan?

This scan measures:

1. The function of the thyroid gland
2. The concentration of iodine
3. The production and storage of thyroid hormones
4. Hormone release into the bloodstream

Nuclear Medicine thyroid scanning plays an important role in learning about a patient's thyroid disorders. It can confirm the presence of a nodule (lump) in the thyroid. It also identifies the reason for the nodule and may find multiple nodules.

Special Note

Before the exam, please inform your physician if you are or think you may be pregnant.

Preparation

Please bring you medication list with you to your exam. Nothing to eat or drink for 4 hours prior to your scheduled exam time. Also, nothing to eat or drink 2 hours after taking the pill for your exam.

Below is a list of some common medications that may affect nuclear medicine thyroid imaging. Note the time frames. You will be given instructions from your physician's office to stop taking these medications for the period of time listed below before thyroid scanning can be done.

Synthroid	1 month
Prophythiouracil (PTU), Tapazol, Cytomel.....	1 week
X-Ray Contrast.....	1 month
Dietary Supplements (like Ensure, fish oil or kelp)	1 week
Multivitamins	1 week

Please make sure that your doctor knows the medications that you are currently taking, including over-the-counter medications.

Why is a Thyroid Uptake and Scan Performed?

A thyroid scan is an imaging technique used to determine thyroid function (called the thyroid uptake) as well as to determine the size and shape of the thyroid.

Nuclear Medicine Thyroid Uptake and Scan

How is the Procedure Performed?

You will be given a very small amount of a radioactive material in the form of a pill. Once you swallow the pill, we must wait 5 hours for the radioactive material to be absorbed into your thyroid. You do not have to stay in the hospital during that time. Unless another test is scheduled, you may leave the hospital, go back to normal activities, and return in 5 hours for the actual test. (The nuclear medicine technologist will give you a return time.) For the exam, you will be asked to lie on your back and a specialized gamma camera will be centered over your neck while images of your thyroid are recorded. These images will take approximately 8 to 10 minutes each.

Nuclear Medicine

It is important that you understand your thyroid testing procedure. We encourage you to ask any questions of your doctor, nurse or Nuclear Medicine personnel.

Who interprets the results and how do I get them?

A radiologist will review the images shortly after the exam is completed. A written report will be sent to your doctor. Your doctor will discuss the results with you. Please allow your physician the time needed to review these results.

Important Billing Information

If you are unable to keep your testing appointment, you must contact UnityPoint Health-Cardiology Clinic 24 hours prior to your test time. Scheduled testing appointments that are missed or cancelled without the 24 hour advance notice may be subject to charges for pharmaceuticals or supplies specifically ordered for your test.