

## **Nuclear Medicine: Thyroid Uptake/Scan**

To Schedule: (319) 861-7778

Questions about Procedure: (319) 398-6050



701 10th Street SE  
Cedar Rapids, IA 52403-1292  
319 398-6011

### **What is a Thyroid Uptake/Scan?**

Thyroid uptake and scan are used to evaluate thyroid function as well as anatomic structure of the thyroid gland. The uptake is used to assess thyroid function to determine over or under active thyroid glands. The scan is used in conjunction with the uptake when there is a reason to suspect thyroid nodules, goiters or other masses.

### **Preparation:**

1. Discontinue anti-thyroid medications like synthroid for a minimum of 4 weeks prior to the exam. Your physician will determine if you will need to take thyrogen to diminish the effects of being taken off these drugs.
2. Discontinue thyroid medications (cytomel, Tapazol, PTU) for 1 week prior to the exam.
3. No x-ray contrast within 4 weeks prior to the exam
4. No multivitamins within 1 week prior to the exam.
5. No fishoil, kelp, shellfish, Ensure, or Boost within 1 week prior to the exam.
6. No amiodarone for at least 4 weeks prior to the exam, Consult your cardiologist prior to discontinuance.
7. Do not eat or drink for 4 hours prior to the exam

### **PLEASE BRING THE FOLLOWING TO YOUR APPOINTMENT:**

**A PHOTO ID TO VERIFY YOUR IDENTITY**

**A LIST OF CURRENT MEDICATIONS YOU ARE TAKING**

### **Procedure:**

1. Once you arrive, the nuclear medicine technologist will take a medical history.
2. You will then take the radioiodine capsule and asked not to eat or drink anything for 1 hour after administration.
3. You will be asked to return 5 hours after administration. During this time there are no restrictions and you can leave the hospital if you wish.
4. Once you return, you will be placed in front of a thyroid probe and two sets of data will be acquired lasting 1 min each.
5. Once the uptake is determine, you will be placed on the imaging table on your back for approximately 30 minutes while images are acquired.

### **Parking/Registration:**

Park in the Mercy Medical Center 10<sup>th</sup> Street Parking Ramp, located at the corner of 10<sup>th</sup> Street and 8<sup>th</sup> Ave. SE. You will be pre-registered, so you can proceed to **Ground (G)** level and follow the signs to "Radiology (X-Ray)," also located on Ground (G) level.

**Procedure Results (Who interprets the results):**

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 time to review these results, usually 2 business days after the exam.

**Your appointment date and time:**

Procedure date: \_\_\_\_\_

Procedure time: \_\_\_\_\_