

Nuclear Medicine- I-123 Thyroid Scan
Pre-exam Information and Instructions

Thank you for choosing Yale New Haven Hospital

We are looking forward to providing you with exceptional care.

Your doctor has ordered a thyroid uptake and scan. The role of this procedure is to evaluate thyroid nodules, hyperthyroidism, hypothyroidism and goiter. This exam consists of two appointments over two days.

Yale New Haven Hospital Preparation for this Exam:

Before Arriving for Your Exam

- Please arrive **15 minutes** early to check in.
- You must be off thyroid hormones:
 - Synthroid** (T-4 or levothyroxine) for 4 weeks
 - Cytomel** (T-3 or levothyroxine) for 2 weeks.
 - PTU** (Propylthiouracil) and tapazole (methimazole) for at least 3 days.
- You must not have had **IV iodinated contrast** agents (IVP, CT with contrast, myelogram, and angiogram) in the last **8 weeks**.
- You may eat and take your other medication as you would normally do.
- Children accompanying patients during visits:
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- Wear loose comfortable clothing, since you will need to lie still for a period of time.
- We want to make your waiting time as pleasant as possible. Consider bringing your favorite magazine, book or music player to help you pass the time.
- Please leave your jewelry and valuables at home.

After Arriving

- Upon arrival, a technologist will explain your procedure and answer any questions you may have.
- **ATTENTION Females (ages 10 to 55)**
To ensure Radiation Safety, the following is YNHH Policy on pregnancy test for this Radiology exam.
 - **PARENTS:** A pregnancy test is required on all females (ages 10 to 17) prior to the start of the exam.
 - Females (ages 18 to 55) may either sign a waiver stating that there is no chance that you could currently be pregnant, or have the choice to take a pregnancy test prior to the exam

During Your Exam

This exam consists of two appointments over two days.

Day 1 First appointment

- Upon arrival, the technologist will explain your procedure and answer any questions you may have.
- You will receive a small radioactive iodine capsule to swallow with some water.
- The level of radioactivity is extremely low and has no side effects.
- You will be asked to return the next day for imaging

Day 2 Second appointment

- First, an evaluation of how much of the Iodine capsule you received the day prior has been taken up by your thyroid gland (this is known as the thyroid uptake) An uptake probe used to perform this measurement and it allows the Radiologist to determine how active your thyroid is.
- Next a gamma camera will be used to take pictures of your thyroid gland to detect the distribution of radioactive material in your thyroid.

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Exam Duration

- This exam consists of three appointments over two days
 - Day 1: First appointment:** approximately 15 minutes
 - Day 2: Second appointment:** approximately 60 minutes.

After Your Exam

- There are no restrictions placed on you after this procedure. You may eat and drive as normal.
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams). A report will be sent to your provider, who can review the results with you.

*For more general information on what to expect during your upcoming radiology exam.

Visit this link to **Nuclear Medicine, Thyroid Scan and Uptake** at RadiologyInfo.org

RadiologyInfo.org is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure.

RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

**Yale New Haven Hospital thanks you for
choosing us to be part of your healthcare team.**