

**Nuclear Medicine 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.*

A Nuclear Medicine Thyroid scan is an imaging procedure to detect size and abnormalities of the Thyroid gland.

**Yale New Haven Hospital Preparation for this Exam:**

**Before Arriving for Your Exam**

- Please arrive **15 minutes** early to check in.
- Drink at least 16 ounces of water 1 hour before the exam.
- 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.
- Take all medications as directed by your doctor.
- There are no restrictions in your diet required prior to this test.
- Please leave your jewelry and valuables at home and wear comfortable clothing.
- Although we do not anticipate any delay in your scheduled appointment, we recommend that you bring a book, magazine or music player to help pass any time you may need to wait.

**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**

- You will receive an intravenous injection (in your vein) of a tracer dose of radioactive material. The level of radioactivity is extremely low and has no side effects.
- Your scan will take approximately 30-60 minutes.
- During this time you will be required to lie flat on your back, without moving.
- Using a special nuclear medicine camera, pictures of your thyroid will be obtained. The camera does not produce any radiation; it simply detects and records the distribution of the radioactive material in your thyroid

**Exam Duration**

- Total appointment time is approximately 60 minutes.

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## After Your Exam

- There are no restrictions placed upon you. You may eat or drive as normal, although if you took relaxation medication, you will need someone to drive you home
- 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 General** at [RadiologyInfo.org](http://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.***