

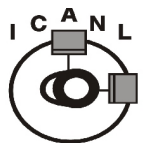
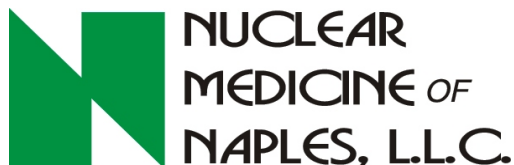
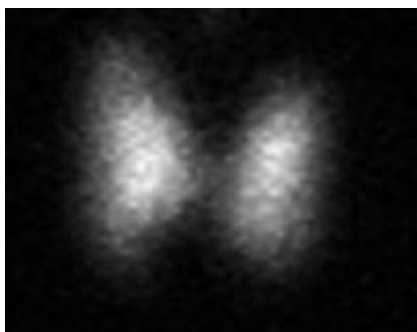
What is a

I-123 Thyroid Scan and Uptake

◆ How Should I prepare for It?

◆ What Can I Expect During the Test?

◆ Answers to Common Questions.



Nuclear Cardiology
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W

hat Is a Thyroid Scan and

Uptake?

The thyroid scan is a nuclear medicine procedure that uses a radio-pharmaceutical to assess the size, shape, texture, location and physiology of the thyroid gland.

The most common thyroid scan uses 123-iodine in capsule form.

The thyroid scan and uptake can assist your physician in evaluating hyperthyroidism and differentiating Graves or toxic nodules from that of subacute or painless thyroiditis.

Also other various disease states of the thyroid including the presence of nodules or goiter can be evaluated.

The thyroid uptake is a direct measure of function within the thyroid gland and are performed at approximately 4 and 24 hours following ingestion of the 123-iodine capsule. The degree of uptake into the gland is expressed as a % and helps determine the overall activity level of the thyroid. Uptakes range from 0% which is no function (hypothyroid) to euthyroid with numbers falling within the normal % range and hyperthyroid which is overactive and can reach 100%.

In hyperthyroidism, the uptake values may be used to calculate the dosage of 131-iodine to be administered for ablation of the hyperthyroidism caused by Graves disease or toxic nodular goiter.

The thyroid gland is located in your neck and is part of the Endocrine system of your body. It controls and regulates the metabolic rate at which your body's

organs and cells are maintained.

H

ow Should I Prepare for it?

1. Do not eat foods containing iodine such as salty meals, shellfish, cough syrups, iodized salt, or kelp for at least 3-4 days prior to your test.
2. Some cardiac medications such as Cordarone, Pacerone (Amiodarone) that contain iodine X-ray procedures that involve the injection of dyes or contrast materials contain significant amounts of iodine and can interfere with the test.
3. No food for 4 hours prior to the 1st day of your test. No restrictions for the second day.
4. There are no liquid restrictions.

Your physician may decide to temporarily discontinue certain thyroid hormones such as L-Thyroxine, Synthroid, Armor thyroid, etc, or antithyroid medications such as Tapazole (Methimazole) and PTU for 5 days or more prior to the test. These are discontinued because they may offset the effectiveness of the test. **DO NOT STOP** any medication on your own without checking with your physician.

W

hat Can I Expect During the Test?

The thyroid uptake and scan is a two day procedure;

Day 1: Check in at the facility at your scheduled time. Please have your insurance card(s) with you as well as the

requisition form from your doctor.

You will then meet with the technologist. He will explain the procedure to you and will have you ingest the 123-Iodine capsule along with a glass of water.

You will then be instructed as to the time to return for your pictures which will be approximately 4 hours later. Upon returning, you will lie down on a narrow imaging table and a nuclear camera device will be placed over your neck and take scans.

Day 2: You must return the next day for additional scans of your thyroid gland which will last 10 - 30 minutes.

A written report will be sent to your physician upon completion of the test. Your doctor will then explain the results to you.

******* A PREGNANCY TEST ******

IS REQUIRED PRIOR TO THE 123 - IODINE MEDICATION FOR ANY FEMALE OF CHILD BEARING AGE UNLESS YOU HAVE HAD TUBAL LIGATION OR HYSTERECTOMY. FOR ANY OTHER REASONING, PLEASE CALL OUR TECHNOLOGISTS FOR ADDITIONAL INFORMATION.

IF REQUIRED, IT SHOULD BE PERFORMED THE DAY BEFORE YOUR APPOINTMENT WITH RESULTS IN OUR OFFICE THE DAY PRIOR TO YOUR APPOINTMENT. ASK YOUR DOCTOR FOR A LAB REQUISITION FOR A SERUM HCG/HCG QUAL SERUM TO BE DONE 24 HOURS PRIOR TO YOUR APPOINTMENT.

Answers to Common Questions

How Long Will the Test Last?

Allow 15 to 20 minutes when you arrive to meet with the technologist and receive the 123-iodine capsule.

Approximately 4 hours later, images of your thyroid will be taken. The thyroid uptake and scan will last approximately 30 minutes. You must return on day 2 for a further 15-30 minutes where additional scans will be taken.

Are there any side effects from the capsules?

No. You will not feel a thing at any time during the test.

I am Allergic to Iodine. Can I still have the test?

Yes. The amount of Iodine used in the capsule preparation is a trace amount only and significantly less than what is normally required to cause an allergic reaction.

I'm claustrophobic, will I be enclosed in the machine?

No. The camera will come very close to your face and neck, but the sides are completely open. Most patients that are claustrophobic have no problem having the scan. If so, we can lie you down on your front and scan from below.

Do I Have to Stop Any of My Medications?

Your physician may decide to temporarily discontinue certain thyroid hormones such as Tapazole (Methimazole) and PTU for 5 days prior to the test. Please DO NOT stop any medications on your own without checking with your physician first.

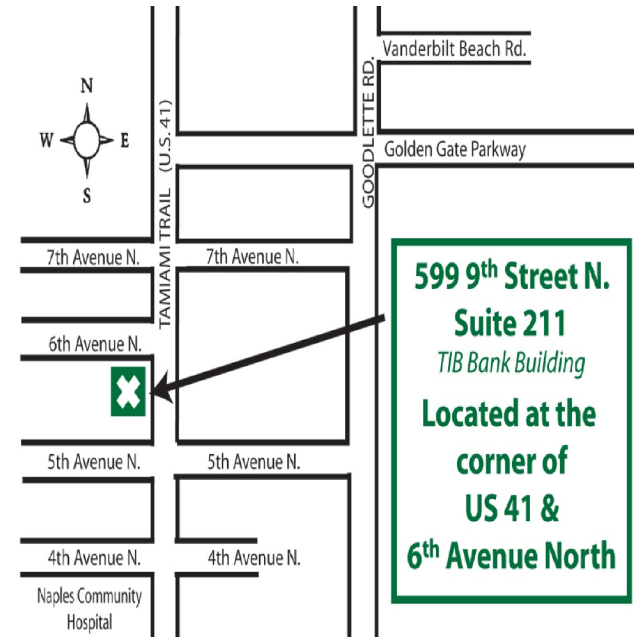
YOUR APPOINTMENT INFORMATION

DATE: _____

TIME: _____

Directions:

**599 - 9th Street St. N., Suite 211
SW Corner of 6th Ave. N & Hwy.41
(west side of Hwy 41 {Tamiami Trail})
in TIB Bank Building. - (3 story orange
Building.)**



Phone: 239-263-8001