

Pullman Regional Hospital Nuclear Medicine Department

What is a Thyroid Uptake and Scan?

A thyroid uptake measures overall thyroid gland function. A thyroid scan shows the structure, size and location of your thyroid and the function of various portions of your gland. This procedure involves three visits to the Nuclear Medicine Department.

Before the Test

If you are taking thyroid medications or preparations that contain iodine, you may be asked to stop them for a time before this test. Check with your physician regarding the timing of your medications (see guidelines below). If you are diabetic, please consult with your doctor before you change your diet or medication.

Medication	Hold Time
Methimazole (Tapazole)	1 week
Propylthiouracil (PTU)	1 week
Triiodothyronine [Liothyronine (generic), Cytomel (brand name), Triostat (brand name)]	2 weeks
Thyroxine [T4, levothyroxine (generic), Synthroid (brand name), Levoxyl (brand name)]	4 weeks
Amiodarone	6 months
Multivitamins	2 weeks
Topical iodine	4 weeks
IV contrast	2 weeks
Lithium	6 weeks
Source: ACR [®]]SNM [®]]SPR Practice Guidelines 2009 and SNM Procedure Guideline 2006	

On the Day of the Test

- Nothing to eat/drink from midnight, the night before the study. Avoid meals that are high in salt during the entire study.
- You may take medications prescribed by your doctor before the test. Check with your ordering physician regarding medications that he/she may allow you to continue.
- Please register at the Outpatient Services Desk.
- If you are pregnant or think you may be pregnant please advise the technologist.

During the Test

On the first day, you will be asked to swallow a small amount of radioactive iodine in a capsule. This part of the visit should take about 15 minutes. You can eat normally two

hours after you take the capsule. Continue to avoid foods that are high in salt.

Approximately 4 hours later, you will return for the first measurement of uptake and the scan which will take approximately 30 minutes.

For the scan, you will lie on your back on an imaging table with the camera positioned above you. We will take several images of your thyroid. Each image takes ten minutes.

The next day, you will return for the remainder of the uptake procedures, which will take 15 minutes.

How Safe Is This Procedure?

Nuclear medicine procedures are very safe. The radioactive material is cleared quickly from your body. With a normally functioning thyroid gland, the whole body radiation dose is 0.03 rem, which is less than most routine X-ray procedures.

After your test

The radiologist and technologist will not be able to give you results after your test is completed. A report will be sent to the doctor who ordered your test within one to two business days.

Thank you

We are honored that you have chosen Pullman Regional Hospital to serve your healthcare needs.