

## THYROID UPTAKES, SCANS, AND TREATMENTS

### WHAT IS A THYROID UPTAKE?

The Thyroid Uptake measures the metabolic activity of the thyroid gland as reflected by its extraction of iodine from the blood.

### WHAT IS A THYROID SCAN?

The Thyroid Imaging Study with radioiodine demonstrates the distribution of functioning thyroid tissue.

### WHAT IS A THYROID TREATMENT?

The Thyroid Treatment is used to reduce thyroid gland function to the point where the patient is unlikely to become hyperthyroid again.

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### HOW SHOULD I PREPARE FOR A THYROID UPTAKE, SCAN, OR TREATMENT?

It is very important that you also come prepared for the exam.

- ✓ Do not eat or drink for 8 hours prior to your appointment.
- ✓ Do wait 1 month before having this exam if you have had a CT, Myelogram, IVP, or Angiogram with injection. Any concerns regarding this please contact your physician.
- ✓ Be off of vitamin/herbal supplements for 1 week prior to the exam. Any concerns about this please contact your physician.
- ✓ Discuss any medications you are taking with your physician. If you are taking any thyroid medications such as T3, T4, PTU, Tapazole, or Cytomel we prefer you to be off of these medications for 1 week. If you are taking a thyroid replacement drug such as Synthroid we prefer you to be off of these medications for 1 month. If you are on any of these please consult your physician and call our office immediately.
- ✓ You should abstain from fish/seafood for 1 week prior to your exam.
- ✓ Contact your physician if you could be pregnant or are breast feeding.

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## WHAT CAN I EXPECT?

There will be multiple visits required of you over the course of one or two days, depending on what your doctor has requested. Please call for your specific appointment times.

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### THYROID SINGLE UPTAKE ONLY:

**First Visit:** You will be given a radiopharmaceutical in the form of a pill; this will be a very brief visit.

**Second Visit:** On the following day, you will have the procedure. It is very brief, and very easy. We will place a measuring device in front of your neck and then your knee for one minute each.

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### THYROID DOUBLE UPTAKE ONLY:

**First Visit:** You will be given a radiopharmaceutical in the form of a pill; this will be a very brief visit.

**Second Visit:** On the same day, you will have the procedure. It is very brief, and very easy. We will place a measuring device in front of your neck and then your knee for one minute each.

**Third Visit:** On the following day, you will repeat what happened during your second visit.

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### THYROID UPTAKE AND SCAN:

This examination includes all three of the visits for Thyroid Double Uptake, and these additional measures.

**During the Second Visit:** After you have had the Uptake portion of the procedure, you will have the Scan portion. We will place the camera over your neck and take a series of pictures. Please plan on being with us for 20 minutes during this visit.

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### THYROID TREATMENT:

This is a 30 minute visit. You will speak with one of our radiologists and be given a radiopharmaceutical in the form of a pill.

*We have created a separate information sheet named **“Guidelines for Patient Receiving Radioiodine Treatment”** which is available from the same page where you downloaded this file. Please review these guidelines if you will be visiting us for Thyroid Treatment.*