

UNITED HOSPITAL CENTER PATIENT EDUCATION

NUCLEAR THYROID UPTAKE AND IMAGING



Your physician has referred you to the Diagnostic Services Department at United Hospital Center for a procedure known as a thyroid uptake and scan.

The thyroid image is performed to depict the anatomy and gross physiology of the thyroid tissues. The thyroid image is used primarily in the study of the size, position, and states of function of palpable tissues in the areas of the thyroid. It also may be used to establish whether there are thyroid tissues in a non-palpable area.

The thyroid uptake study is used only to study how much radioiodine is found in the thyroid gland at given time intervals. It is used to confirm thyroiditis (inflammation), to aid in the diagnosis of hyperthyroidism (over active) or hypothyroidism (under active), and to help in planning of treatments of hyperthyroidism and thyroid carcinoma therapy.

There are medications that will alter or interfere with the radioiodine uptake, therefore, it is necessary to be **OFF of thyroid medications for six weeks before the exam**. It is also necessary **NOT to have had contrast x-ray studies performed within six weeks of the thyroid imaging, and NOT to have taken diuretics (fluid pills) within 48 hours of the thyroid exam**.

The thyroid imaging will require you to come to the Diagnostic Services Department on **two consecutive days**. On the first morning, you will be asked a series of questions and given one capsule of radioactive iodine to swallow. This iodine is picked up by the thyroid gland. You may leave the Diagnostic Imaging Department after you receive the capsule and then you will need to **RETURN** in approximately 6 hours for images of your thyroid gland to be obtained. You will then return the next morning for the 24 hour uptake.

LENGTH: First Day -- approximately 35 minutes
Second Day -- approximately 5 minutes

If you are pregnant, or think you might be, tell your doctor and the technologist **BEFORE** your exam.

DISCLAIMER: The content contained in this patient education is presented solely with the intent of providing public service information on health and health-related issues. This information is neither intended nor implied to be a substitute for professional medical advice. Always consult your physician or other qualified health provider prior to utilizing any of the information presented in this patient education. UHC makes no warranty, representation or guaranty as to the content, accuracy, timeliness or completeness of the information presented in this patient education or that the information may be relied upon for any reason.