

# Thyroid Uptake and Scan

NUCLEAR MEDICINE

Located in the front of the neck, below the Adam's apple, the thyroid gland controls metabolism. A thyroid uptake and scan provides information about the structure and function of the thyroid gland. The exam also determines if the gland is working properly.

## How you should prepare

- It is recommended that you schedule this exam in the morning, due to diet restrictions.
- Do not eat or drink anything two hours prior to and one hour after your day 1 appointment. A small amount of water is okay if you must take any medications that do not interfere with this exam.
- Wear comfortable clothes without metal fasteners, including zippers, buttons and snaps.
- Arrive 15 minutes early to complete registration.
- Bring with you:
  - Your appointment form
  - Your insurance card and a valid photo ID
- Please let us know about any of the following:
  - Pregnancy, known or possible
  - If you are a nursing mother
  - Allergies or sensitivities to any substances or drugs

## What happens during the exam

This is a two day exam. On day 1, you will come to Suburban Imaging and swallow a capsule containing a small amount of radioactive tracer. The tracer will collect in your thyroid gland and can be seen by the nuclear medicine camera.

The next day (day 2), you will return to Suburban Imaging for the imaging portion of the exam. You will lie on your back on a cushioned table with the camera over your neck for the duration of the exam.

The camera will capture three images of your thyroid gland from various angles. The first image will take 10 minutes to acquire and the remaining two images will last five minutes each. A nuclear medicine technologist will be in the room with you for the entire exam.



## After your exam

Unless directed otherwise, you can resume your normal diet and take all prescribed medications after your second appointment. The tracer remains in your body for a short time and is cleared through natural bodily functions. Drinking plenty of fluids will help flush it through your body more quickly.

Your images will be interpreted by a board-certified radiologist (medical doctor) specializing in body imaging. The findings will be sent to your healthcare provider. Your healthcare provider will contact you to discuss the results.

>> **More preps and directions on reverse side** >>

# Suburban imaging

www.suburbanimaging.com

## Your scheduled appointment

Appointment 1 Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Appointment 2 Date: \_\_\_\_\_

Arrival Time: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Location:

Northwest scheduling: 763.792.1999

Canceling exam requires 48 hour notice. Call scheduling number.

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## Thyroid Imaging: Medication and Supplement Restrictions

Please follow the below restrictions from Suburban Imaging, unless instructed otherwise by your doctor/healthcare provider.

**Anti-thyroid drugs: off 4 days prior to exam unless instructed otherwise by your doctor/healthcare provider**

- Carbimazole
- Methimazole (tapazole)
- Propylthiouracile (PTU)

**T4 therapy: off 6 weeks prior to exam unless instructed otherwise by your doctor/healthcare provider**

- Thyroxine (T4)
- Generic name = levothyroxine sodium
- Brand name = Synthroid, Levoxyl, Levothyroid, Unithyroid

**T3 Therapy: off 2 weeks prior to exam unless instructed otherwise by your doctor/healthcare provider**

- Armour thyroid
- Cytomel

**Antiarrhythmics: off 6 months prior to exam unless instructed otherwise by your doctor/healthcare provider**

- Amiodarone

**Multivitamins and fish oil supplements: off 10 days prior to exam unless instructed otherwise by your doctor/healthcare provider**

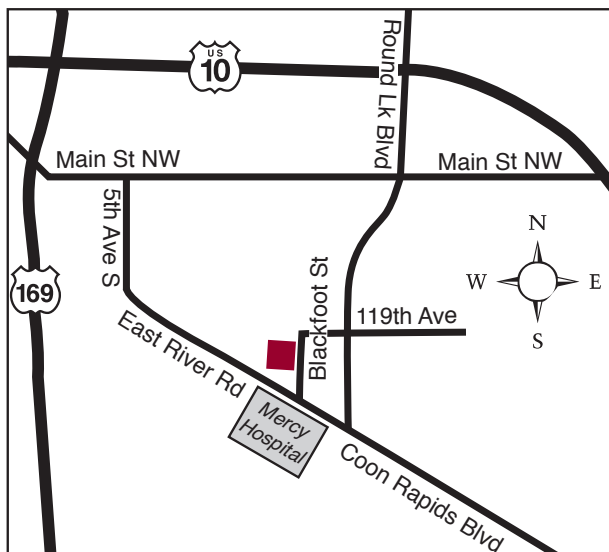
**Contrast: no x-ray or CT exams using IV contrast (x-ray dye) for 4 weeks prior to exam unless instructed otherwise by your doctor/healthcare provider**

# Suburban imaging

## Map and directions

### Suburban Imaging – Northwest

Mercy Specialty Center, Suite 180  
11850 Blackfoot Street NW  
Coon Rapids, MN 55433  
main 763.795.1600



#### From the North

Take Hwy 10 east and exit on Round Lake Blvd. Turn right on Round Lake Blvd, traveling southbound. Turn right onto 119<sup>th</sup> Ave NW (turns into Blackfoot Street NW). Turn right into the Mercy Specialty Center parking lot.

#### From the South

Take I-94 west and continue on Hwy 252 north. Follow Hwy 610 east and take the East River Road exit. Turn left on East River Road, which becomes Coon Rapids Blvd. Continue on Coon Rapids Blvd and turn right on Blackfoot Street NW. Turn left into the Mercy Specialty Center parking lot.

#### From the West

Take Hwy 169 north and exit onto Main Street (Anoka). Turn right onto 5<sup>th</sup> Ave S. Continue onto East River Road/Coon Rapids Blvd. Turn left on Blackfoot Street NW. Take the first left into the Mercy Specialty Center parking lot.

#### From the East

Take Hwy 10 east toward Anoka, exiting on Round Lake Blvd. Turn left on Round Lake Blvd, traveling southbound. Turn right onto 119<sup>th</sup> Ave NW (turns into Blackfoot Street NW). Turn right into the Mercy Specialty Center parking lot.