

Thyroid Whole Body Scan

NUCLEAR MEDICINE

A whole body thyroid scan is used to evaluate if there is any residual thyroid tissue remaining in your neck after your thyroid has been surgically removed. The scan also evaluates if any abnormal thyroid tissue is in any other areas of your body.

How you should prepare

- Iodine can limit the effectiveness of the capsule you will swallow for this test. Therefore, please follow the iodine restrictions listed on the reverse side for 10 days before your appointment.
- 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 any normal or abnormal thyroid tissue 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. The nuclear medicine camera will scan from the top of your head to the middle of your thighs and then close ups of your neck will be taken. Your scan will take about 60 minutes. The 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.

Thyroid Whole Body

Thyroid Imaging: Medication, Supplement and Food 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

Foods: avoid foods high in iodine for 10 days prior to exam unless instructed otherwise by your doctor/healthcare provider

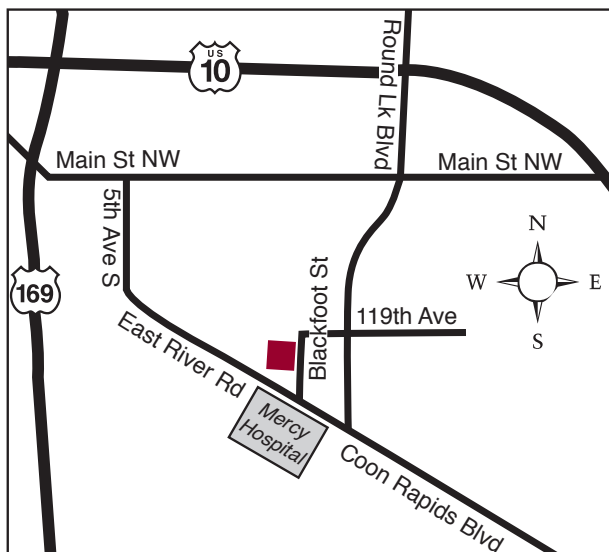
- Iodized salt and sea salt
- Fish and sea food (shrimp, lobster, sushi, etc.)
- Eggs
- White bread
- Cheese
- Mayonnaise
- Cheesecake
- Condensed milk
- Sea kelp
- Seaweed
- Trifle
- Jaffa cakes
- Malt bread
- Naan bread
- Yorkshire pudding

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 119th 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 5th 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 119th Ave NW (turns into Blackfoot Street NW). Turn right into the Mercy Specialty Center parking lot.