



750 Alliance Court, Asheville, NC 28806
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24 HOUR THYROID UPTAKE AND SCAN

Thyroid uptake and scan imaging is carried out at a Nuclear Medicine facility. Small amounts of radioactive materials called radiotracers are used - along with a special camera and a computer - to provide information about your thyroid's size, shape, position and function that is often difficult to obtain using other imaging procedures. Your doctor can use this test to:

- determine if the gland is working properly
- help diagnose problems with the thyroid, such as an overactive thyroid gland (hyperthyroidism) or growths (nodules)
- detect and assess areas of abnormality in the thyroid gland, such as lumps (nodules), or inflammation
- evaluate changes in the gland following medication use, surgery, radiotherapy, or chemotherapy

Before scheduling your uptake and scan, we will need to know if you:

- have had any tests, such as an x-ray, MRI, or CT scan, surgeries or treatments using iodinated contrast material within the last two months. If so, we will not schedule your uptake and scan until it has been at least 8 weeks since you had contrast.
- are taking any thyroid medications. If so, you will need to stop taking that medication for a period of time before your procedure, per your provider's orders. You will be advised of exactly how long you need to be off thyroid medication at the time of scheduling,
- are ingesting other substances that contain iodine, including kelp and seaweed supplements, fish oil, certain cough syrups, and iodine supplements. If you are taking a multivitamin, you will need to read the label to see if it contains iodine. You will be required to stop taking these products two weeks prior to your procedure.
- have any allergies to iodine, medications and anesthetics.
- are pregnant or breastfeeding. The thyroid uptake and scan is not performed on patients who are pregnant or who are breastfeeding because of the risk of exposing the fetus to radiation. Female patients under 50 years of age will be given a pregnancy test prior to starting the procedure.

The procedure is carried out over two days. Depending upon the facility where the procedure is scheduled, you may be instructed to fast for a few hours before your first appointment, but this information will be given to you at the time of scheduling. At the first appointment you will be given a capsule to swallow containing a very small dose of the radiotracer I-123. This material contains less radioactivity than a normal X-ray, it will not harm you or those around you, and you **do not** need to take any special precautions. 24 hours later you will return to the same facility and have your uptake measured (the amount of iodine taken up by the thyroid gland) and a scan to look at the size and shape of your thyroid in detail. Results will be available relatively quickly, and you should hear from our office within three business days.

Please contact our Triage Department on 828-670-6812 ext 3304 if you have any questions.