

## Thyroid I-123 Uptake and Scan (2 day Test with Scan at 4 hours and 24 hours)

Patient: \_\_\_\_\_

### Appointments

Capsule Date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

4 hour scan date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

24 hour scan date: \_\_\_\_\_ Appointment Time: \_\_\_\_\_

Location: Nuclear Medicine Department 1<sup>st</sup> floor at Mankato Clinic  
1230 East Main Street Mankato, MN 56001  
Please enter the Mankato Clinic front door (marked #50)

### Please check in at the Nuclear Medicine Department.

The Mankato Clinic is requiring masking only for patients over the age of 2 that are feeling ill. If you are unable to keep your appointment or have questions, please call 507-389-8519.

### What is a/an Thyroid I-123 Uptake and Scan (2 Day Test with Scan at 4 hours and 24 hours)

This test is an imaging procedure examining the structure and function of the thyroid gland. This test is performed to relate gland structure to function and to evaluate gland size and palpable nodules or masses in the neck. It can be used to also identify abnormally positioned thyroid tissue.

### How do I prepare for the test:

- Before scheduling your exam, please tell your provider if you are:
  - Breastfeeding, pregnant or think you may be pregnant.
  - You need to be off ALL thyroid medications 4 weeks before the exam i.e. Synthroid, Cytomel, Levothyroxine etc.
  - You need to be off ALL anti-thyroid medications 5 days before the exam i.e. Tapazole, Methimazole, PTU (Propylthiouracil)
  - If you have had any X-ray contrast with iodine, you must wait 4 weeks before having this exam.
  - Tell your provider if you have had a PET/CT scan in the last 48 hours.
- If you wear a glucose monitor, you will be required to remove it prior to your scan for your own safety. If appropriate, you may request to have your scan scheduled to coordinate with the next replacement date of your monitor.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their imaging appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.

### What will happen during the test:

- This is a 2 day test.
- **Day 1:**
  - The technologist will ask you medical history questions as they pertain to a thyroid scan.
  - You will swallow 2 capsules that contain a small amount of radioactive material.
  - Avoid seafood and extra salt for the next 24 hours.
  - You will return for a scan about 4 hours after taking the capsules.
  - You will lie on your back on the imaging table.

- While remaining still, images of your neck will be taken with a special camera for up to 35 minutes.
- The test will take about 45 minutes total.
- You will return the next day for more imaging.
- **Day 2:**
  - You will lie on your back on the imaging table.
  - While remaining still, images of your neck will be taken with a special camera for up to 35 minutes.
  - The test will take about 45 minutes total.

**Instructions for after your exam:**

- Your provider will share the results of your test with you at your follow-up appointment. If you do not have a follow-up appointment, your provider may contact you by letter. If not, you may contact your provider's office five to seven business days after your test to obtain results.