



GREATER LANSING

**NUCLEAR MEDICINE DEPARTMENT
(517) 975 - 7725**

**Procedure Information
Thyroid Uptake and Scan**

Thyroid Uptake and Scans are a two-day test that provides important information about the thyroid gland. The thyroid gland is located in the neck.

Before the procedure:

- You will need to avoid taking any vitamins, fish oil, Omega 3, kelp or items that contain iodine for two weeks prior to your appointment.
- You will need to avoid any X-ray or CAT scan tests that requires an iodine injection for 2 months prior to your appointment.
- You must not take thyroid medications (like synthroid) 6 weeks prior to your appointment.
- You must not take thyroid medications (like tapazole) 5 days prior to your appointment.
- You must not be pregnant or breast feeding a child.

On Day One: (Approximately 1 hour)

- You will be given a radioactive iodine capsule. There will be no side effects from this capsule.
- After taking the capsule you will be asked to return 4 hours later for a thyroid uptake. This is an easy and painless procedure that will take approximately 5 minutes. A machine called an uptake probe will be placed in front of your neck for one minute. This probe will give a reading of how much iodine has accumulated in the thyroid gland. Next the probe will be placed over your thigh for one minute. This reading is used to determine how much of the iodine is circulating in your blood stream. The computer will then calculate a percentage of iodine that is in your thyroid gland. There is a certain expected amount that should be in your thyroid. If you have more iodine than what is expected, this would indicate hyperthyroidism or an over active thyroid. If you have less iodine than what is expected, this would indicate hypothyroidism or an under active thyroid gland.
- After the 4 hour uptake is performed, you will have a thyroid scan. A scan is a picture of the thyroid that allows a doctor to review the size and shape of your thyroid gland. For the scan you will be asked to lie down on a table and a special nuclear medicine camera with a cone shaped lens will be placed over your neck. This camera will "see" where the iodine has deposited in the thyroid and provide a picture. Each picture will take 5 - 10 minutes depending on what the camera "sees". A total of 4 pictures will be taken.

On Day Two: (Approximately 15 minutes)

You will be asked to return 24 hours from the time you received the iodine for another thyroid uptake.