

I-131 Thyroid Uptake and Scan

Department of the test: Nuclear Medicine (NM)

Purpose of the test:

1. To determine the level of activity of the thyroid gland (i.e. overactive, underactive, or normal), assist the doctor in calculating the dose of radioiodine to be used in the treatment of overactive thyroid (hyperthyroidism) or thyroid cancer.
2. To determine the size, shape and position of your thyroid gland and detect lumps and bumps in the thyroid gland.

Notes before the therapy:

1. You will receive some radiation in the test.
2. Some medications and food will interfere with the uptake result. Thyroid hormones (eg, thyroxine/T4), antithyroid drugs, iodine-containing food (eg, kelp, seaweed, multivitamin) and medications (eg, iodinated contrast, amiodarone, betadine) should be avoided for 4 weeks.
3. Nothing to eat or drink 3 hours before the test.

On the day of the test:

1. Please check in first at NM service counter.
2. NM physician will ask you a few questions of medical history.
3. You will be given a capsule of radioactive iodine tracer by NM pharmacist. Please don't eat or drink for 3 hours after taking medication.
4. Measurements and pictures will be taken by NM technologists on the second day. Please don't move during these measurements and pictures.

Total duration of the test:

1. About 10 minutes on the first day.
2. About 40 minutes on the second day.

Adverse drug effect of the test: very rare.