

WHAT IS A THYROID UPTAKE SCAN?

The purpose of a thyroid uptake scan is to evaluate the function of the thyroid gland. The thyroid is a gland in the neck that controls metabolism, a chemical process that regulates the rate at which the body converts food to energy.

HOW IT WORKS

A thyroid uptake scan is a two day test. The first day you will be given a radioactive pill to take by mouth. You can not eat or drink for 4 hours prior to receiving the pill on day one. After you swallow the pill you may eat or drink as normal. The technologist will tell you what time to return on day two of the test. It will be approximately 24 hours after you swallowed the pill. Upon your return on the second day you will have images made of your thyroid area.

WHAT TO EXPECT

The test may require you to stand, lie flat, or sit upright. Multiple images of your anatomy will be taken using a nuclear medicine camera. The images will be taken at timed intervals during the exam. Unless your physician tells you otherwise, you may resume your normal activities after your nuclear medicine scan. If any special instructions are necessary, you will be informed by a technologist, nurse or physician before you leave the nuclear medicine department.

If you are a female patient between the ages of 9 and 55 you are required to either consent to a pregnancy test or sign a Pregnancy Test Waiver form prior to your exam. The only exception will be for females with a history of total hysterectomy. If you are breastfeeding please inform the technologist before your exam.

The test will last about one hour.

HOW TO PREPARE

Follow these guidelines:

- Please bring your current home medications or a list of your medications with you the day of the test.
- **You are not allowed to take thyroid medication prior to the test. Please consult with your physician in regards to your thyroid medication.**
- You may be asked to remove some or all of your clothes and change into a hospital gown to get a more accurate picture.
- Remove jewelry, removable dental hardware, eye glasses, and any metal objects or clothing that might interfere with the images.

RESULTS

A radiologist will review your images and send a report to your doctor who ordered the test in 48 hours. You'll get a call from your doctor's office to discuss the results and next steps. To check your results in our secure, online patient portal, My UNC Chart, visit www.myuncchart.org.