
Thyroid Uptake and Scan

What is a Thyroid Uptake and Scan?

A Thyroid Scan is a Nuclear Medicine study that provides your doctor with information about the position, size and shape of your thyroid. The thyroid uptake tells the physician how the gland is functioning. The uptake and scan are commonly ordered together but not always. A physician may order these tests for any of the following reasons:

- Help diagnose an overactive thyroid (hyperthyroidism)
- Determine if the thyroid is functioning properly
- Assess a nodule in the thyroid gland
- Assess for ectopic thyroid
- Detect lumps, nodules and inflammation
- Help diagnose cancer and other growths on the thyroid
- Determine if cancer has spread beyond the thyroid
- Evaluate changes in the gland post-surgery, radiotherapy or chemotherapy

How to prepare for a Thyroid Uptake and Scan

- No steroid medication 1 week before your test
- No daily vitamins 1 week before your test
- No nutritional supplements or meal replacements 1 week before your test
- No cough medicine 1 week before your test
- No anti-thyroid medication 1 week prior to your test
- No kelp 2 weeks prior to your test

- No Iodine solution or supplements 3 weeks prior to your test
- No thyroid medication 3 weeks prior to the test
- No iodine contrast injections 6 weeks before the test (IVP, myelogram, heart cath, CAT scan).

A Nuclear Medicine Technologist will call you at least a week before the test to confirm that the above preps have been followed. The same questions will be asked again upon arrival for your test.

What to expect:

After you have registered, a Nuclear Medicine Technologist will greet you in the waiting area and bring you back to the department. He or she will go over the same list of questions you discussed on the phone. Once confirmed that all preps were followed, you will be asked to swallow a pill the size of an extra strength Tylenol. This pill contains a small amount of radioactive Iodine that allows us to see and measure your thyroid. Initially, you will be here for about 15.

After you take the pill you will leave for about 6 hours. We ask that you limit your salt intake during this time. The technologist will give you a time that he or she would like you to return. Please check in at the registration desk when you have returned for the second portion of your test. Again, you will be met in the lobby and be brought back to the department where imaging will begin.

You will be asked to lay on your back and your thyroid will be imaged from different angles. This will take approximately 30 minutes.

Following imaging, you will be taken to the uptake probe where you thyroid will be measured. This determines how much Iodine your thyroid has taken up in 6 hours. The uptake takes 2-3 minutes.

Following the uptake scan you will leave for the night. You will return 24 hours from the time you took the pill for another uptake. This uptake takes the same amount of time as the first uptake, 2-3 minutes. This will conclude the test.

Post Uptake and Scan:

There are no side effects caused by this test. Follow up with your doctor with any questions or concerns.

Results:

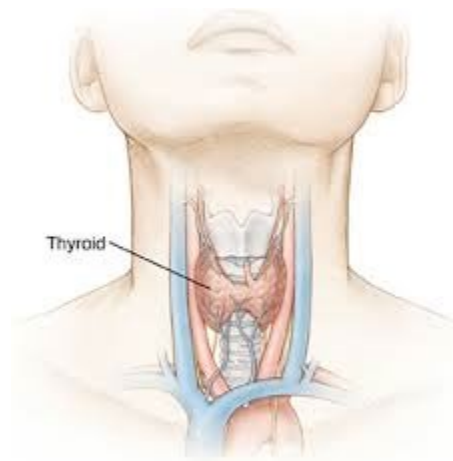


image 1

H. H. (2021). Thyroid Uptake and Scan. Retrieved June 29, 2021, from <https://baycare.org/health-library/thyroid-uptake-and-scan>



image 2

Biodex, M. S. (2021). *Thyroid Uptake System - Thyroid Uptake System - Nuclear Medicine*. Biodex. <https://m.biodex.com/nuclear-medicine/products/atomlab-960-thyroid-uptake-system>.