When to come:
Please arrive 15 minutes before your appointment time to check in.

What to bring with you:
Nothing.

Preparation:
You cannot eat or drink 4 hours prior to taking the radioactive pill.

If you have had a CT scan or X-ray in which they gave you IV contrast media, you need to wait 6 weeks before you can have your nuclear thyroid exam. An IV is a needle stick that is used to inject contrast media in to a vein.

Family:
Family or friends are asked to stay in the waiting area during the test.

Pregnancy testing:
Pregnancy testing will now be performed on females receiving diagnostics between the ages of 10 and 55 years old if you have not had your tubes tied or a hysterectomy. Home pregnancy tests are not acceptable. If you know that you are pregnant, please notify your doctor.

Medications:
Follow instructions given by your doctor’s office.

You may take some medications with 2-3 sips of water only.

Certain medications will interfere with the thyroid nuclear medicine test results. Here is a list of those medications that need to be stopped before having the test.

Tapazole, Prophylthiouracil, Perchlorate, Thiocyanate, Pentothal, Antihistamines and some others need to stop 1 week before exam.

Vitamins with Kelp or Iodine, Lugol’s solution, some cough medicines should be stopped 2 weeks prior to your exam date.

Cytomel, Synthyroid, Proloid stopped 4 weeks prior to your exam date.

DO NOT STOP taking any medications, unless you have prior approval from your doctor.

Test instructions:
A registered nuclear medicine technologist will have you swallow a radioactive iodine pill. There are no side effects from the radioactive iodine. It is not a drug or a dye.

You may need to return to OSF Saint Anthony Medical Center for more pictures.

After test instructions:
You may resume your day as normal.

Test results:
Your study will be read by a nuclear radiologist – a doctor specializing in nuclear medicine – and a report will be sent to your ordering doctor. You can make plans with your ordering doctor on how to receive your test results.