



Nuclear Medicine Thyroid Exam

APPOINTMENT	<ul style="list-style-type: none"> - DATE: _____ TIME: _____ <p style="text-align: center;">Please arrive 15 minutes before your appointment time and check in at the registration desk.</p>
HOW LONG THE EXAM WILL TAKE	<ul style="list-style-type: none"> - The exam is a two day test.
HOW TO PREPARE FOR THE EXAM	<ul style="list-style-type: none"> - Do not eat or drink after midnight. - Please avoid foods containing large amounts of iodine prior to your exam (i.e. dietary supplements, sushi and kelp). - You should be off your thyroid medication for six weeks prior to your exam. - You should not have had any contrast studies (x-ray or CT exams using dye) in the past 4-6 weeks. - You should have recent thyroid blood work drawn prior to your exam.
PRECAUTIONS YOU SHOULD BE AWARE OF	<ul style="list-style-type: none"> - If you think you may be pregnant or if you are breast feeding, please notify your physician or the technologist prior to your exam.
WHAT YOU CAN EXPECT	<ul style="list-style-type: none"> - One the day of your exam, you will take two radioactive iodine pills in the morning after which you will then be allowed to leave the hospital to resume your normal daily activities. You may also resume normal eating 2 hours after you are given the pills. Later that day (6 hours later) you will need to return for imaging which takes approximately 1 hour. Additionally, you will need to return to the hospital the NEXT MORNING for an additional measurement which takes approximately 15 minutes.
HOW DO YOU GET TEST RESULTS?	<ul style="list-style-type: none"> - A Radiologist will study the images and a report will be sent to your physician. This normally takes 2 business days. Your physician will discuss the results with you. Should you not hear from your physician within 2 business days, please give them a call to schedule a follow up appointment.
QUESTIONS?	<ul style="list-style-type: none"> - If you have any questions or concerns about your appointment, please call Nuclear Medicine at (660) 831-3283.

Thank you for choosing Fitzgibbon Hospital