Patient Instruction
Diagnostic Center
Nuclear Medicine

tutkimukseen.fi

Scintigraphy for thyroid metastases (whole body), Kymsote

The purpose of this examination is to evaluate effectiveness of radioiodine therapy, to examine the spread of the thyroid cancer, or to find local recurring cancerous foci, lymph nodes, or metastases, which collect radioiodine.

This examination consists of two visits to the Nuclear Medicine Unit. At the first visit, you will receive the radioactive tracer. Please reserve 15 minutes for this visit.

At the second visit, you will have the scan. Please reserve an hour for this visit.

If you are pregnant or suspect that you are pregnant, call the number listed in these instructions. This therapy is not administered during pregnancy or breastfeeding.

Preparation for examination

Diet instructions: For 2 weeks prior to the examination, you must try to avoid products and food items that contain iodine, e.g. sushi, marine fish, excessive use of dairy products (over 5 deciliters per day), eggs and iodized salt, seaweed and multivitamin tablets, cough medicine, and antiseptics (e.g. Betadine).

At the first visit, do not eat or drink for 2 hours before and after receiving the radioactive tracer.

At the second visit, you may eat and drink as usual.

Your attending physician instructs you on any necessary breaks in your medication.

If you are to receive radioiodine therapy in Thyrogen stimulation, take your thyroid medication as usual. The Thyrogen stimulation will be given to you during the 2 days prior to the examination. A pregnancy test is checked for women before the Thyrogen stimulation.

Please contact the Nuclear Medicine Unit if you have had examinations with contrast agents during the previous three months.

Iodine allergy is not an obstacle for the treatment, because the amount of iodine in the capsule is very low.

Examination

An intravenous catheter (thin tube into a vein) will be placed into your arm, and a small amount of radioactive contrast agent will be given via the catheter.

Two days later, a whole-body scintigraphy will be performed with a gamma camera. Please take a shower before the scan and put on clean underwear.

You will be asked to lie on your back for the scans. Scanning is painless.

After the examination

In the next 2 days after swallowing the iodine capsule, do not stay close (less than three meters) to small children or pregnant women for more than 2 hours a day. Do not sleep in the same bed with them.

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Drink plenty of water and empty your bladder more frequently than you normally would. The radioactive substance will excrete into your urine.

Always wash your hands carefully after using the toilet, and if possible, dry them with a paper towel. The urine is radioactive. Flush the bowl with plenty of water 2 to 3 times.

If you vomit within 2 hours of ingesting the capsule, contact the Nuclear Medicine Unit. Clean the vomit with disposable nitrile gloves.

Also other excretions, such as diapers containing urine etc., must be handled carefully and with nitrile gloves.

Other things to note

Further information about the medicines mentioned in these instructions is available online at www.lääkeinfo.fi (not available in English). You can also ask your attending physician about the medicines.

Please take your health insurance card (Kela card) or identity card with you.

Your attending physician will inform you of the test results. Please contact the unit responsible for your care if you do not already have a scheduled appointment or a phone consultation with your doctor.

You will not be charged for the treatment or examination separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

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