

## Thyroid scintigraphy

This examination is used to assess the size, shape, structure and activity of your thyroid gland.

The examination will take approximately 3 to 4 hours.

If you are pregnant or suspect that you are pregnant, call the number listed in these instructions. This examination is generally not carried out during pregnancy.

### Preparation for examination

You may eat and drink as usual on the day of the examination.

Your attending physician will instruct you if you need to stop taking any medication!

Usually, thyreostatic medication that reduces thyroid activity needs to be stopped 2 days, and thyroxine 4 weeks before the examination.

If possible, stop taking amiodarone, an antiarrhythmic medication with iodine, 2 weeks before the examination.

Any products rich in iodine must be stopped 2 weeks before the examination, if possible. These include:

- Herbal products with sea weed
- Cough medicines, vitamins, skin creams, eye drops, intestinal antiseptics, rectal and vaginal suppositories that contain iodine

You are not allowed to have medical imaging with iodine contrast agents for 2 weeks before this examination.

### Examination

An intravenous catheter will be placed into your arm and a small amount of a radioactive contrast agent will be administered via the catheter. The scan will begin about 3 hours later and it takes approximately 20 minutes.

You can leave the hospital during the mean time if you wish.

You will be lying down during the examination. The examination is painless.

### After the examination

Drink plenty of water and empty your bladder more frequently than you normally would. This is to make sure that the radioactive tracer leaves your body.

After receiving the radioactive contrast agent, do not hold a child or remain in prolonged close contact with children for the remainder of the day.

If you breastfeed, you must stop breastfeeding for 12 hours after the radioactive tracer is administered. The milk expressed during this period must be poured down the drain.

## Other things to note

Further information about the medicines mentioned in these instructions is available online at [www.laakeinfo.fi](http://www.laakeinfo.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.