Thyroid gland scintigraphy

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

Please reserve about 3 hours for the visit. The examination includes an injection and a scan.

If you are pregnant or suspect that you are pregnant, call the number listed in the arrival 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.
For 4 weeks before the examination, avoid consuming these products:

- table salt
- fish
- egg products
- herbal medicine
- seaweed

Limit your dairy intake to 6 dl per day. Follow a low-sodium diet.

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

Usually, medication to treat hyperthyroidism (Tyrazol) should be discontinued 2 days before the examination.

The synthetic thyroid hormone (Thyroxin) used to treat hypothyroidism must be discontinued at the latest 4 weeks before the examination. You can start taking the medication again after the imaging procedure, unless your physician instructs otherwise.

Any X-ray examinations using iodine-based contrast agents should not be performed for 4 weeks before the examination.

Examination

An intravenous catheter will be placed into your arm, and a small amount of radioactive iodine will be given via the catheter. The iodine collects in your thyroid gland.

The scan begins 2 hours after the administration of radioactive iodine.

You will be asked to lie on your back for the scan. Scanning 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 completely stop breastfeeding after the radioactive tracer is administered.

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. If you do not know how to find out the results, please contact the outpatient clinic or ward that referred you to this examination.

You will not be charged for the examination separately. Cancel the appointment if you cannot come.