

*Better  
Together*

## Patient information

### Thyroid ( $I^{131}$ ) scan

Department of Nuclear Medicine

## **What is a Thyroid ( $I^{131}$ ) scan?**

This is a scan of your neck to see whether you have any thyroid tissue remaining in your neck following your surgery.

## **What are the benefits of having a Thyroid ( $I^{131}$ ) scan?**

You have been referred to a consultant in Nuclear Medicine for a thyroid ( $I^{131}$ ) scan to see whether you would benefit from radioactive iodine treatment for your thyroid condition. This examination is important in the accurate diagnosis of your condition so that you can receive the correct treatment

## **What are the risks of this procedure?**

People often worry about tests or treatments that involve the use of radioactive materials. We tend to forget that we are all exposed to background radiation every day.

Please remember that the amount of extra radiation from your test is small. The benefit to you of providing your doctor with useful information about your health far outweighs any risk related to this radiation.

## **Are there any alternative diagnostic tests available?**

While there may be alternative diagnostic tests, your doctor has considered your particular case and has decided that this is the most appropriate test at this time.

## **What will happen if I decide not to have this test?**

It is your decision whether or not to proceed with the scan. However if you do not your doctor may not be able to find out what is wrong and may not be able to plan the appropriate treatment for you.

## **Female patients**

Where possible, we try to avoid using radioactive materials in patients who are, or may be pregnant. Therefore, please contact the department on Tel: 0151 706 4464 if you are:

- pregnant
- breastfeeding
- you think you could be pregnant
- your appointment is more than ten days from the start of your last period.

**If you are worried and have any questions, please speak to your doctor or a member of their team.**

### **Getting ready for your Thyroid ( $I^{131}$ ) scan**

- \* Please stop Tri-iodothyronine / Liothyronine / T3 tablets ten days before your appointment.
- \* Please stop Thyroxine / Levothyroxine / T4 tablets five weeks before your appointment.
- \* Please remember to bring all your current medication and a urine sample when you come to the department.

### **Please note**

After stopping Liothyronine / Levothyroxine, you may feel some of the effects of an under active thyroid, such as tiredness or "slowing down". Please do not be concerned about this. It is only temporary, and you will recover when your Liothyronine / Levothyroxine is restarted after the scan.

## Your Thyroid ( $I^{131}$ ) scan

### Day one

- Your appointment is in N Clinic, where you will be seen by the doctor to discuss your condition and treatment.
- You will then have a blood sample taken.
- You will then be taken to the Nuclear Medicine department
- You will be asked to drink a radioactive liquid.
- You will be asked to return to the department the next day to have your scan.

### Day two

- Your appointment will be in the department of Nuclear Medicine.
- You will lie on a bed and the Gamma camera will be placed above your face.
- The scan will take about 30 minutes.
- Once the results are available, the doctor will discuss them with you and decide whether you need further treatment.

This scan **should not** make you feel unwell. Usually there are no ill effects from the injection. It will not make you sleepy nor will it prevent you from driving. It is rare for it to cause an allergic reaction, even in people who are susceptible to allergies.

### After your scan

You should carry this letter with you if you are travelling through train stations, airports and seaports.

These areas may have very sensitive radiation detectors in place that can detect extremely small quantities of radiation. It is just possible that, until the radioactivity from this test has completely left your body, you may trigger one of these detectors. In the unlikely event that this occurs, there is no reason to be concerned.

Customs officials who operate these types of detectors are experienced in understanding what the detector has picked up, and after asking you a few simple questions and conducting a brief non-intrusive examination with a hand held detector, will let you pass on your way as soon as possible.

Different countries have different procedures and some may wish to see your appointment letter as part of this process.

**If you are planning to travel in the next four months it is recommended that you carry this letter with you.**

## **Results**

A letter will be sent to the doctor who requested this scan. This usually takes about two weeks.

## **Cancellations**

If you are unable to keep this appointment, please let us know as soon as possible and we will arrange another for you.

## **Location**

The Royal Liverpool University Hospital is situated on the edge of the city centre. Please come directly to **N Clinic**, which is situated in the outpatient department on the ground floor of the hospital.

## **Transport**

The Royal Liverpool Hospital is well served by public transport. Patients and visitors who are able to do so may wish to consider using public transport. For details of routes, services and times please contact the Merseytravel line on Tel: 0151 236 7676.

Parking for patients and visitors is available at the Q-park multi-storey car park. It is located almost opposite the main hospital entrance. The entrance by car is on Epworth Street off Erskine Street.

The car park is open 24 hours a day seven days a week.

Please take your ticket with you when you leave your car. Payment is made when you return to your car at the machines within the car park. Your ticket is inserted into the exit barrier as you leave the car park. The car park is continually monitored by parking hosts and CCTV.

There are ten spaces for the disabled on the entry level of the car park. If you need help, please speak with the parking hosts at the car park entrance.

If you normally require an ambulance when you attend hospital please contact the department as soon as possible.

## **Further information**

**If you have any further questions, or require further information, please contact:**

**Department of Nuclear Medicine**

**Tel: 0151 706 4464**

**Text phone number: 18001 0151 706 4464**

# Author: Nuclear Medicine

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

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