

Thyroid Scan

Patient Information Leaflet

Nuclear Medicine Department



Options available

If you'd like a large print, audio, Braille or a translated version of this leaflet then please call:

01253 955588

Our Four Values:

People Centred

Positive

Compassion

Excellence

What is a thyroid scan?

A thyroid scan is used to test the function of your thyroid gland.

You will be given a small injection of a radioactive tracer into a vein in your arm. This gives off gamma rays so that when we scan you the camera can see how your thyroid gland has taken up the injection. The injection will not make you feel any different.

Once you have had the injection you will need to wait 20 minutes, so that your thyroid gland has time to take up the injection before we can scan you.

The whole procedure should take no longer than 45 minutes.

If you have any queries or are unable to keep this appointment please notify us by telephone as soon as possible. This will enable us to offer this appointment to another patient on our waiting list. We are available Monday to Friday 9am to 5pm on **01253 953919**.

Do I need to prepare for the scan?

Please avoid eating strawberries, fish, seafood and cod liver oil tablets from now until after your scan. Eating these foods will stop the radioactive tracer being taken up by your thyroid gland and so we will not be able to see it on the scan. You can drink and eat all other foods as normal.

If you have had a recent CT scan or X-ray involving a contrast injection please let us know immediately.

There is no need to get undressed for the scan but we would like you to remove necklaces.

There is no need to stop any of your medication prior to the scan, but please let us know if you are taking any medication for your thyroid. The injection will not react with any medications.

Do I need to do anything special after the scan?

After the scan you can eat and drink normally and you will still be able to drive a car.

How will I get the results of my scan?

The results will be sent to the hospital consultant who referred you for the scan. Some doctors will write to you with the results of the scan and some will send you an appointment to come back to the outpatient clinic.

How safe is the injection?

The injection contains a small amount of radioactive tracer which emits gamma rays (these are similar to X-rays). We use the smallest dose possible to provide as much information as we can about your condition. The radiation dose is very low and is similar to the natural background radiation we all receive from the environment over a period of 5 months.

The results of your scan will give your doctor useful information about your condition and will help them plan your treatment. The benefits of having the scan far outweigh the tiny radiation dose you will receive.

Further guidance has been published by Public Health England.

Visit website -

<https://www.gov.uk/government/publications/ionising-radiation-from-medical-imaging-examinations-safety-advice>

Is there anything I should tell the staff before the injection?

If you are female please tell us if you are or may be pregnant.

If you are breast feeding please ring the department a few days before your appointment

Additional Information

Directions to X-ray Central

X-ray Central is situated off the main hospital corridor and is signposted. Please follow the signs for X-Ray Central and report to reception on arrival.

Relatives and escorts

You may wish to bring a friend or relative to accompany you to and from the Radiology department when you have your examination although they will not usually be allowed into the examination room. This may be useful if you do not speak English very well or if you have any special needs.

Car Park

Car parking is in the multistorey car park at the main entrance of the hospital. Car park charges apply at this hospital. Please bring change with you if you are planning to park on site.

Other facilities available

At the main entrance to the hospital there is a cafe and shops selling light meals and snacks. There is also a large restaurant for staff and visitors to use.

Useful contact details

Nuclear Medicine Radiology

Monday to Friday

9am to 5pm

Telephone: 01253 953919

Hospital Switchboard: 01253 300000

Patient Relations Department

The Patient Relations Department offer impartial advice and deal with any concerns or complaints the Trust receives. You can contact them via:

Tel: 01253 955589

email: patient.relations@bfwh.nhs.uk

You can also write to us at:

Patient Relations Department, Blackpool Victoria Hospital, Whinney Heys Road, Blackpool FY3 8NR

Further information is available on our website:

www.bfwh.nhs.uk

References

This leaflet is evidence based wherever the appropriate evidence is available, and represents an accumulation of expert opinion and professional interpretation.

Details of the references used in writing this leaflet are available on request from:

Policy Co-ordinator/Archivist 01253 953397

Approved by: **Clinical Improvement (CA)**

Date of Publication: 22/09/2015

Reference No: Ic00009420 - PL/521 (v2)

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Review Date: 01/09/2018

