

Additional Information

Can the patient take any steps to protect against radiation?

If you have had a Nuclear Medicine scan in the recent past, inform the staff member to ensure that tests are not duplicated unnecessarily.

The following precautions need to be observed for 24 hours after your Thyroid scan:

Patients should drink plenty of fluids and empty their bladders frequently. This helps to clear the injected material from the body. Patients should observe careful hygiene when going to the toilet during this period. It is advisable to flush the toilet twice after use.

It is recommended that patients avoid spending long periods of time (in excess of 30 mins) in close contact with young children or pregnant women.

If you are a nursing mother express and discard the breast milk for 30 hours after your injection. You may resume normal breast-feeding after this time.

Further Information

Directions– Beaumont Hospital:

The Nuclear Medicine Department is located on the Lower Ground Floor of Beaumont Hospital. Please check in at the Main X-ray Reception on arrival.

Who do I contact if I am unable to attend/ have queries?

If you have any questions, require further information, have specific requirements, please contact the Nuclear Medicine Secretaries on: **01-8092786**.

Young children and pregnant women should not accompany patients to Nuclear medicine.

If there is any chance you may be pregnant, please inform the Nuclear Medicine Department prior to your appointment on 01 809 2792



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Beaumont Imaging & Interventional Directorate



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PATIENT INFORMATION

LEAFLET:

NUCLEAR MEDICINE THYROID SCAN



Introduction

A Nuclear Medicine Thyroid scan has been requested for you and this leaflet explains what the scan involves and what you need to do to prepare for your scan. Your Nuclear Medicine scan will help make a diagnosis or monitor your treatment.

What is Radiation?

Radiation is a form of energy transmitted through space in the form of waves such as Electromagnetic radiation, eg. heat waves, visible light, radio waves or microwaves.

What is a Nuclear Medicine Thyroid Scan?

In the Nuclear Medicine Department you will be injected with a small amount of a radioactive 'tracer' or isotope which travels to the thyroid gland. It takes approximately 20 minutes for the isotope to accumulate in the thyroid gland. After this length of time pictures are taken with a gam-

What is a gamma camera?

A gamma camera detects radiation coming from your body and forms a picture using sophisticated computer programmes. The camera consists of a flat detector which passes over the head and neck region.

Do I need to prepare for the scan?

Please contact us if you are taking any thyroid medication or if you have received any x-ray contrast agent (e.g. during a CT scan). This may affect the results of this scan. You may eat and drink normally beforehand.

What will happen during the scan?

After your injection you will be asked to return to the nuclear medicine department 20 minutes later for your scan.

You will not need to undress for your scan but you will be asked to remove metal objects from your neck region prior to the scan. Your scan will be done lying down on the gamma camera.

How does a Nuclear Medicine scan differ from an X-ray?

Nuclear Medicine patients are administered substances that emit radiation and which enable staff to investigate processes that are happening in the patient's body. The amount of radiation is similar to that used in X-ray. In Nuclear Medicine the patient is emitting radiation for a period after the substance is administered. For Thyroid scans, the radiation can remain in the body for up to 24 hours. Your Radiographer will advise you on the precautions you will need to apply after your Thyroid scan and should be followed for 24 hours after your scan.

Will I receive much radiation?

No. The amount of radiation you receive is very small and the risks are low. The radiation dose you receive from this scan is similar to that which you would receive from your environment over a period of 5 months. Your doctor will have weighed the benefit of improved diagnosis of your condition against the small risk of the radiation exposure.