

St. Luke's Imaging Services Patient/Family Information

## **Nuclear Medicine**

# **I131 Whole Body Scan**

### **What is an I131 Whole Body Scan?**

A Nuclear Medicine I131 Whole Body Scan exam is used to detect areas of residual functioning thyroid tissue and also thyroid cancer.

### **Special Note**

Before the exam, please tell your doctor if you are or think you may be pregnant or are nursing.

### **Preparation**

Please bring your medication list with you to your exam.

The patient preparation includes either discontinuing the following medications or scheduling after the appropriate wait.

- Thyroid Hormones: Synthroid (Levothyroxine), desiccated thyroid (thyroid extract – Armour thyroid, nature-thyroid, westhyroid) – 4 weeks
- Thyroid Medications: Liothyronine (Cytomel), Methimazole (Tapazole), PTU – 1 week
- IV X-Ray Contrast – 4 Weeks
- Myelogram – 1 week
- Salpingography – 4 weeks
- Amiodarone (Cordarone) – 4 weeks (with patient's cardiologist approval)
- Dietary Supplements (fish oil, kelp, Boost, Ensure) – 1 week
- Shellfish – 1 week
- Multiple vitamins – 1 week
- Iodine Products (topical ointments, suppositories) – 4 weeks
- Potassium Iodide (SSKI, Lugol's solution) – 4 weeks
- Low iodine diet for 7-14 days

Nothing by mouth 2 hours before scheduled appointment

Nothing by mouth 2 hours after capsule of radioactive material

Your doctor's office may draw a blood sample to check your thyroid levels. Depending on that result, you may require 2 days of pre-treatment with thyrogen prior to starting the I131 Whole Body Scan exam.

## **What Happens During the Test?**

A Nuclear Medicine technologist will perform the exam. If you have any questions, please don't hesitate to ask the technologist to answer them before the test begins. He or she can explain the entire procedure.

The technologist will give you a capsule of a small amount of radioactive material. You will then be scheduled to return for imaging either 48 or 72 hours later, depending on the preparation you did for this exam.

The imaging will take approximately 30 minutes. You will be asked to lie on your back while cameras move over and around you that take the images. Any additional imaging requested by a radiologist who monitors the exam, would add to the exam time.

You may bring headphones, and ipod, etc. to listen to if you would like.

## **Who interprets the results and how do I get them?**

A radiologist will review the images shortly after the exam is completed. A written report will be sent to your doctor. Your doctor will discuss the results with you. Please allow your physician the time needed to review these results.

## **Outpatient Instructions**

Please register at the Outpatient Registration desk at the West Entrance. If your doctor has given you the written order for this exam, please bring it with you so your test will not be delayed. After registering, testing will be done in the Imaging Services department on the second floor. Please use the elevators past registration on the left.

Name \_\_\_\_\_

Exam date/time \_\_\_\_\_