

# Information for patients and carers

## Thyroid Scan

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

## What is a Thyroid Scan?

This is a test to look at the function and size of your thyroid gland.

The procedure involves an injection followed by a scan using a gamma camera similar to the one shown in the picture.



### **Please inform us before you attend:**

- If you are or think you may be pregnant
- If you are breastfeeding
- If you are unable to lie on your back
- If you weigh over 25 stones (158 Kilograms)
- If you have problems with mobility and/or need a hoist to transfer

## Preparation for the scan

There are no special preparations for a thyroid scan so you can eat, drink and take any medication as normal.

## Can you bring a relative or friend with you?

A relative or friend may accompany you to the hospital, but they will not usually be allowed into the room when you have your examination.

Please note, we have limited seating and do not have childcare facilities, therefore, small children should not attend your appointment.

## Your scan

A radiographer will inject a small amount of radioactive tracer (in a liquid form) into a vein in your hand or arm. There are usually no side effects from the injection. After your injection you will be asked to wait approximately 15 minutes before you have the scan.

During the scan, you will lie on your back on the scanning table. Special cameras which are about the size of a large suitcase will come close to your neck, but you will not be enclosed in a tunnel. You will not be left alone as there will be a member of staff close by.

The length of the scan can vary but will normally take 15 – 20 minutes.

We advise that you drink extra fluids for the rest of the day to help reduce the radiation in your body. If you are on restricted fluids, please tell us and we will give further advice.

## Are there any side effects?

We do not expect any side effects from the injection.

## Are there any risks?

All medical procedures and tests carry both risks and benefits, your doctor has requested this scan as they feel the information that we will gain is a greater benefit than the risk from being exposed to radiation. Our injections contain a small amount of radioactivity that emits gamma rays (these are similar to x-rays). We use the smallest dose possible, in line with national regulations to provide as much information as we can about your condition.

The results of your scan will give your doctor useful information about your condition and will help to plan your treatment.

## After the scan

After your scan, you must follow the advice about drinking extra fluids. You are free to go home or back to work.

Please avoid spending a long time in close contact with young children or pregnant women for the rest of the day. You should aim to spend no more than 15 minutes each hour cuddling or sitting next to them. It is also best if you do not share a bed with a child or a pregnant woman on the evening of your scan.

## Travel abroad

Please inform the radiographer on arrival if you intend to travel abroad within 7 days of your scan. Radiation monitoring at security in airports or ports may detect some of the radiation you have received during your scan. We will give you a letter that will state what test you have had, this can be used when travelling.

## Your results

The images will be reviewed after your visit. You will be advised when and how you will receive your results at this time. You will not receive any results on the day of the scan.

## Contact details

Should you require further advice or information please contact Nuclear Medicine on **01772 522381**.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

## Follow us on social media @lancshospitals

Further information about radiation can be found on the government webpage: Medical Radiation: uses, measurements and dose safety advice [www.gov.uk/government/collections/medical-radiation-usesdose-measurements-and-safety-advice](http://www.gov.uk/government/collections/medical-radiation-usesdose-measurements-and-safety-advice)

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All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

Lancashire Teaching Hospitals is a smoke-free site. Smoking is not permitted anywhere on any of our premises, either inside or outside the buildings. Our staff will ask you about your smoking status when you come to hospital and will offer you support and advice about stopping smoking this will include Nicotine Replacement Therapy to help manage your symptoms of withdrawal and the opportunity to speak to a nurse or advisor from the specialist Tobacco and Alcohol Care Team.

If you want to stop smoking, you can also contact Smokefree Lancashire on Freephone **08081962638**.

**Please ask a member of staff if you would like help in understanding this information.**

**This information can be made available in large print, audio, Braille and in other languages.**

**Department:** Radiology/Nuclear Medicine

**Division:** Diagnostics and Clinical Support

**Production date:** October 2024

**Review date:** October 2027

**JR 1216 v1**