



The Nuclear Medicine Parathyroid Scan is performed to identify and locate parathyroid adenomas—benign tumors of the parathyroid gland that may cause an overproduction of parathyroid hormone (PTH). Identifying the position of the gland prior to surgery aids in the ease of its removal.

The exam takes place in two parts, but all in a single day. You will arrive in the department first in the morning; at this time, the exam will be explained in detail and your relevant medical history will be noted. You will swallow 4 radioactive iodine (¹²³I) capsules and then be free to leave the hospital. Please note that you should not have anything to eat or drink 2 hours prior to your appointment **and** 2 hours after you take the capsules. You will return to the department approximately 3 hours later for imaging. During this time, an IV will be started in your arm and you will receive an injection of a second radioactive tracer. This portion of the exam may last anywhere from 45 to 90 minutes.

On occasion, patients may be asked to return a third time for additional imaging. While generally not needed, delayed imaging may enhance the accuracy of the results in certain cases. The technologist performing your exam will advise you if this is necessary.

There are no special instructions to follow once the parathyroid scan is complete.

Preparation for the parathyroid scan is outlined in the table below:

<p>Avoid these medications for 7 days prior to your exam</p> <p>Multivitamins (<i>Iodine-containing</i>) Slim-Fast or other meal replacement drinks / shakes Triiodothyronine Antithyroid medications <i>Methimazole, Carbimazole, Tapazole</i> <i>Mercazole, Propylthiouracil (PTU)</i> Amiodarone (<i>Cordarone, Pacerone</i>)</p>	<p>Avoid these foods for 1 week prior to your exam</p> <p>Iodized salt and sea salt All seafood (<i>including fish, shellfish, kelp/seaweed, sushi, crabs</i>) Foods that contain the additives carrageen, agar-agar, algin, and alginates Breads made with iodate dough conditioners Molasses Soy products (<i>soy sauce, soy milk</i>) Glucosamine / Chondroitin supplements</p>
<p>Avoid these medications for 14 days prior to your exam</p> <p>Potassium Iodide Super-Saturated Potassium Iodide (<i>SSKI</i>) Lugol's Solution</p>	<p>Minimize these foods for 1 week prior to your exam</p> <p>Milk and other dairy products <i>(including ice cream, cheese, yogurt, etc.)</i> Eggs Cured or corned foods <i>(ham, lox, corned beef, sauerkraut)</i> Foods and medications containing red food dyes Chocolate</p>
<p>Avoid these medications as directed*</p> <p>Thyroid Extract <i>Synthroid, Levothyroxine, Armour Thyroid</i></p> <p><i>* Generally, these medications are held for 1-2 weeks prior to the study. Check with your physician for specific instructions.</i></p>	<p>Additional notes & guidelines</p> <p>Avoid restaurant foods since there is no reasonable way to determine which restaurants use iodized salts. Foods that contain small amounts of milk or eggs may be used. Consult your doctor before discontinuing any red colored medications.</p> <p>Non-iodized salt may be used as desired. <i>Non-iodized salt may be purchased at any grocery store.</i></p> <p>This diet does <u>not</u> limit sodium intake in foods.</p>
<p>Avoid these medications for 6 weeks prior to your exam</p> <p>Iodinated Contrast Agents <i>CT / CAT Scan Dye</i> <i>X-Ray / IVP Dye</i></p>	

Do not have anything to eat or drink 2 hours prior to your initial appointment.