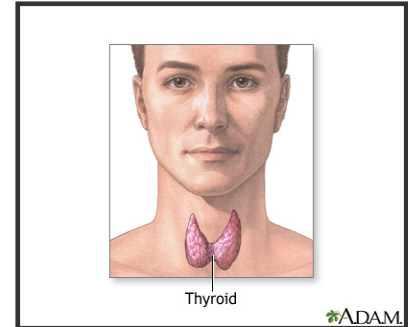




This nuclear medicine exam is performed to evaluate the size, location, and overall functional level of the thyroid gland. The study is acquired using a small amount of radioactive iodine (<sup>123</sup>I) that has no side effects due to radiation exposure.

The exam takes place in two parts: the first day, you will swallow a radioactive iodine capsule. Please be sure not to eat or drink anything 2 hours prior to your first appointment (you will also need to refrain from eating or drinking for 2 hours following your appointment—see below for further exam preparation details). You will then return to the department at the same time on the following day for imaging. This portion of the test may take up to 45 minutes.

There are no special instructions to follow once this exam is complete. However, if your physician has requested that a radioactive iodine hyperthyroid therapy be performed, you will need to continue the preparation instructions given in the table below until the therapy has been performed.



## Thyroid Uptake & Scan Preparation Instructions

### Avoid these medications for 7 days prior to your exam

Multivitamins (*Iodine-containing*)  
Slim-Fast or other meal replacement drinks / shakes  
Triiodothyronine  
Antithyroid medications  
*Methimazole, Carbimazole, Tapazole*  
*Mercazole, Propylthiouracil (PTU)*  
Amiodarone (*Cordarone, Pacerone*)

### Avoid these foods for 1 week prior to your exam

Iodized salt and sea salt  
**All seafood** (*including fish, shellfish, kelp/seaweed, sushi, crabs*)  
Foods that contain the additives carrageen, agar-agar, algin, and alginates  
Breads made with iodate dough conditioners  
Molasses  
Soy products (*soy sauce, soy milk*)  
Glucosamine / Chondroitin supplements

### Avoid these medications for 14 days prior to your exam

Potassium Iodide  
Super-Saturated Potassium Iodide (*SSKI*)  
Lugol's Solution

### Minimize these foods for 1 week prior to your exam

Milk and other dairy products (*including ice cream, cheese, yogurt, etc.*)  
Eggs  
Cured or corned foods (*ham, lox, corned beef, sauerkraut*)  
Foods and medications containing red food dyes  
Chocolate

### Avoid these medications as directed\*

Thyroid Extract  
*Synthroid, Levothyroxine, Armour Thyroid*

*\* Generally, these medications are held for 1-2 weeks prior to the study. Check with your physician for specific instructions.*

### Additional notes & guidelines

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.

**Non-iodized salt may be used as desired.**  
***Non-iodized salt may be purchased at any grocery store.***

**This diet does not limit sodium intake in foods.**

### Avoid these medications for 3 months prior to your exam

Iodinated Contrast Agents  
*CT / CAT Scan Dye*  
*X-Ray / IVP Dye*

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