

The iodine absorption test is used to assess the level of iodine taken up by the thyroid following oral administration of iodine. During the procedure, the patient is given a capsule containing a small dose of radioactive iodine ( $^{131}\text{I}$ ).

**The test is indicated** in the assessment of thyroid function.

**Inform medical staff about conditions that need special attention:**

- claustrophobia (fear of small or closed spaces);
- pregnancy; breastfeeding: you will receive guidance when to resume breastfeeding.

**Preparation for the test**

Refrain from eating 6 hours prior to taking the iodine capsule.

**The procedure**

The test is carried out over the course of two days. The duration of the test on the first day is approx. 30–45 minutes and approx. 15 minutes on the second day.

Before the test, a nurse will explain the procedure in detail and provide you with a capsule containing the tracer.

The measurement procedure will take place on the following day, 24 hours after taking the capsule. The measurement procedure will take approx. 3–5 minutes. For an accurate result, it is necessary to sit motionless during the measurement procedure.

**After the test:**

- on the first day of the test refrain from eating or drinking for one hour after taking the capsule. You can proceed to eat as per usual after an hour;
- breastfeeding should usually be discontinued for 24 hours; removed breast milk should be discarded. Detailed instructions will be given to you by the personnel in the department;
- on the study day try to avoid close (less than 1 metre) and long lasting (over quarter an hour) contact with children and pregnant women;
- study results will be sent to referring physician within a week. If you have a doctor's appointment on the same day or the following day, please inform the study personnel.

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