

SCINTIGRAPHY OF THE THYROID GLAND

Scintigraphy is an imaging technique used to evaluate the metabolic processes in the tissues and lesions of the human body. A small amount of radiolabelled substance will be injected into the patient's body to obtain an image. In the present case, it is a technetium-99m pertechnetate, which accumulates in the thyroid gland. At the same time, computed tomography (CT) will be performed.

The test is used to assess the function, position and shape of the thyroid gland.

Preparation for the test:

- amiodarone should not be used for at least 3 months before the test;
- iodine contrast agents should not be used for at least 3 months before the test;
- thyrostatic agents should not be used for at least 3 days before the test;
- do not eat 4 hours before the test.

The procedure

The duration of the procedure, including preparation, is up to 1.5 hours.

After the tracer has been injected, you should wait 15–20 minutes for it to accumulate.

During the recording, you will be asked to lie on your back on the examination table. The recording will last 15–30 minutes. After that, computed tomography scans will be performed if necessary.

After the test:

- eat normally; it is advisable to drink plenty of fluids to accelerate the excretion of the tracer through the kidneys;
- 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.

North Estonia Medical Centre

J. Sütiste tee 19
Tallinn

www.regionaalhaigla.ee 13419
info@regionaalhaigla.ee

This information leaflet has been compiled by the Department of Nuclear Medicine of North Estonia Medical Centre (2018).