

Nuclear Medicine (NM) Thyroid Iodine Scan Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.

Ask your doctor right away about **MEDICATIONS** you may need to change before your appointment. **If not complete, you will be rebooked.**

- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms a cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Contact Diagnostic Imaging:** If you're breastfeeding, contact Diagnostic Imaging at the number provided above.
- **Remove your continuous glucose monitoring device (CGMD):** If you have a CGMD and it is in the area being imaged, the device may be damaged during your appointment. If the device is imaged, you will need to do finger prick readings, along with your CGMD readings, to ensure it is not damaged.
 - Alberta Health Services will not cover the cost of a replacement CGMD.
 - If you do not know if you need to remove your device or cannot follow these instructions, contact Diagnostic Imaging at the number provided above.

HOURS before your appointment:

4 Hours Before

- DO NOT eat or drink for 4 hours before your appointment.

BRING to your appointment:

- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.
- You will be given a radioactive tracer to swallow.
- Your appointment may take up to 2 hours, and you may be asked to return for multiple days of imaging. You will be provided with more details when you arrive for your appointment.