

Patient Information for a Thyroid Therapy Outpatient

Your physician has requested a thyroid therapy to treat your thyroid tissue.

1. You will take a radioiodine capsule while in the nuclear medicine department. The technologist will explain the test and will answer any questions at this time. This appointment takes about one hour.
2. You will need to follow special radiation safety precautions which the technologist will discuss with you before you take the capsule.

Instructions:

- **For six weeks prior to the therapy:**
 - Do not have any x-rays or CT scans using IV contrast.
 - Do not take kelp supplements.
 - Do not take Synthroid, Cytomel, Thyrolar, or any thyroid replacement medicine.
 - Do not take Cordarone, Amiodarone, or Pacerone.
- **For two weeks prior to the scan:**
 - Do not take any vitamins containing Iodine.
 - Do not take expectorants, antihistamines, cold or sinus medications.
- **For 10 days prior to the test:**
 - Do not take any anti-thyroid medication.
- **For one week prior to the scan:**
 - Do not take sulfonamides or penicillin.
- **DO NOT DISCONTINUE PRESCRIPTION MEDICINE WITHOUT YOUR PHYSICIAN'S KNOWLEDGE.**
- Please call Nuclear Medicine at 231.487.4246 if you begin taking any new medications after your therapy is scheduled.
- Do not have anything to eat or drink after midnight before reporting for the first day of your test. You will be permitted to resume your usual diet two hours after you have taken the radioiodine capsule.
- If you are a female between the ages of 12 and 51, you will receive a blood pregnancy test before your therapy. This will take an additional hour. Only patients with documented evidence of a total hysterectomy may waive the pregnancy test.

Appointment Information:

Date: _____ Time: _____

Location: Northern Michigan Regional Hospital
Nuclear Medicine Department-Main Floor
Register at Outpatient Registration – Main Floor 15 – 20 minutes prior to your Nuclear
Medicine Appointment time.

Follow-up Appointment:

Physician: _____

Date: _____ Time: _____