

I 131 Whole Body Scan

- The purpose of this study is to detect thyroid and tumour tissue in your body.
- A normal thyroid gland uses iodine found in food to produce thyroid hormone. Radioactive Iodine will accumulate in a similar manner in normal thyroid tissue and thyroid tumour.
- You will be given a capsule or liquid to swallow that contains a small amount of radioactive Iodine on your first appointment. The scan will take place two days later.
- Reactions or side effects caused from radioactive materials are uncommon; on rare occasions, mild effects may occur. Risks associated with these levels of radioactivity, if any, are believed to be quite small and almost always justified by the benefits gained with diagnosis of possible disease.
- You must be off thyroid hormones:
 - Thyroxine (T-4) for at least 4 weeks.
 - Triiodothyronine (T-3) for at least 10 days.
 - Myelogram, Angiogram) for at least 3 weeks
- Seven (7) days prior the examination, patient should keep a special diet such as:
 - Avoid any iodine containing medicines or vitamins.
 - Avoid iodised salt and dairy products, bread, cereals and crackers containing iodinate stabilizers, eggs, seafood (including fish, shellfish, kelp seaweed) and any other food containing iodine.
 - May have beef, pork, chicken, mutton, rice, most of vegetables and fruits.
- On your **first appointment**, guidelines, procedure, instructions and radiation precautions will be explained to you. You will be required to sign a consent form prior to the administration of the Iodine. You should fast for at least 4 hours before the oral administration and 1 hour afterwards. Patient may however drink plain water.
- Once received the oral dosage of Iodine, your body will emit and excrete radiation (via urine and other body fluids). As a result, you are to comply with the guidelines for 3 to 4 days after receiving your Iodine dose, such as:
 - Personal hygiene is important. Shower daily, wash hands carefully before preparing food and after using the toilet.
 - Avoid close contact with children and pregnant women for a period of 24 hours.
 - Flush toilet twice after each use. Wash your hands carefully.
 - Avoid travelling on public transport or attend public entertainment venues.
 - Avoid saliva exchange, example kissing.
 - Sleep in a single bed.
 - Do not resume sexual relations for a week following administration of Iodine.

- On your **second appointment**, ensure to shower and wash your hair on the morning of the appointment. Have a good breakfast. At the facility, after changing into an examination gown, please drink a glass of water and immediately empty your bladder prior to your scan.
- The scanning session takes about 30 minutes to 1 hour.