



UW Medicine

## 甲状腺摄取及扫描测试

### 如何为扫描做准备

核医科做甲状腺摄取及扫描是分为 2 天的测试、是用来检测甲状腺的结构及功能。请阅读此讲义、就可了解如何为此测试做准备、测试的过程、在测试过程中，您可能有的感觉及如何获取您的结果。

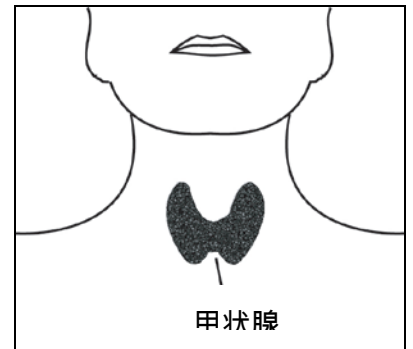
### 何为核医甲状腺摄取及扫描测试？

甲状腺摄取及扫描是测试您甲状腺的形状及功能。测试的第一天做第一次的摄取。您第二天再回来做第二次的摄取及扫描。这两次的测试都在华大医疗中心造影科。

### 如何做此测试？

#### 摄取

摄取部分；您将吞服一小剂量的放射性物质 (示踪剂)。此示踪剂被您甲状腺收集且放出 加码射线及 贝达射线。再以探测器检测您甲状腺吸收了多少的示踪剂。



您吞服的示踪剂将由您的甲状腺吸收。

#### 扫描

此测试的第二部分是在静脉内注射小量的示踪剂、一般是经由手臂的静脉注射。然后再扫描您的甲状腺。

### 我如何为此测试做准备？

#### 6 周前

- 6 周内您不可做使用含碘的显影剂 X-光检查 (如静脉肾盂造影 IVP、或扫描 CT)。

#### 4 周前

多数人在测试前的 4 个星期要停止服用甲状腺激素药 (synthroid、cytomel、levothyroxine、lithyronine)。您停止服用这些药之前、请先与您的医生联系。

## 1 周前

- 测试前 5 天不要服用任何口服的碘 (如 Lugol's solution 或 SSKI )。持续到完成测试后
- 测试前 5 天不要服用任何含碘的维生素
- 测试前 5 天不要吃含碘的食物。包括海带、寿司及大部分的海鲜。
- 多数人在测试前 4 天停止服用抗甲状腺激素的药。如 (Propohtyouracil (PTU), Methimazole, 或 Tapazole)。您停止服用这些药之前, 请先与您的医生联系。

## 测试的当天

- 您预约的前 2 小时即不可进食。您可喝水。
- 来做扫描时请携带 2 种身份证 (ID) 。
- 请告诉我们如您正怀孕、即使你打算终止妊娠。如扫描后如可能接受碘-131 (I-131) 如您是生育年龄的女性、在测试第一天、我们会请您验血检查是否怀孕。请预算要在此多停留 1½ 小时因为怀孕的测试需要时间。
- 请告诉我们您是否正在哺乳。在您接受放射性追踪剂后即不能再继续哺乳。

## 如何做扫描？

### 第一天

- 您抵达造影科后您将吞服一粒含追踪剂的胶囊。
- 服用此胶囊后您必须禁食 2 小时。但您可喝水。禁食 2 小时后可进食。即回来做吸收的测试前可进食。
- 您在吞服含追踪剂的胶囊后 3 至 4 小时后、回来做吸收测试、这次仅需 10 分钟。

### 第二天

- 第二天您回来做第二次的吸收测试。
- 在做完第二次的吸收测试后、将为您做甲状腺扫描。

- 做甲状腺扫描前将为您注射静脉的追踪剂。等候 10 至 15 分钟后即做扫描。整个过程是 1 至 1½ 小时。
- 如做完 24 小时吸收测试后、您需要服用治疗剂量的放射性碘 I-131 则来诊所前 2 小时即不可吃任何固体食物。如您需要做放射性碘 I-131 治疗、您在诊所的时间就需多 1 小时。
- 在做完吸收测量的扫描后、治疗剂量的放射性碘需 1 小时才能送达。

吸收测试后如您需要做放射性碘 I-131 治疗、请详读放射性安全的资讯。“甲亢病人接受放射性碘治疗的须知” ( *Instructions for Patients Receiving Radioactive Iodine Therapy for Hyperthyroidism* ) 。

### 此测试的过程如何？

- 对某些病人躺在测试台上不能动可能会有困难。
- 大多数的追踪剂会由尿液、汗腺及唾液排出体外。残余的将随时间逐渐消失。

### 由谁来诠释结果、我如何取得结果？

经过特殊训练的核子医学医生将评阅您的造影结果并将报告转给您的医生。您的医生会与您讨论结果。

#### 您有疑问吗？

我们很重视您的疑问。当有疑问或顾虑时、请致电您的医生或医护人员。

华大医疗中心核医/造影科：206-598-6200

海景医疗中心造影科：206-744-3105

## Thyroid Uptake and Scan

### *How to prepare*

*A nuclear medicine thyroid uptake and scan is a 2-day test that studies the structure and function of the thyroid gland. Read this handout to learn how to prepare for the test, how it works, how it is done, what you may feel during the test, and how to get your results.*

### **What is a nuclear medicine thyroid uptake and scan?**

A *thyroid nuclear medicine uptake and scan* checks how your thyroid gland looks and works. The first uptake will be done on day 1. You will come back the next day for another uptake and the scan. Both parts of the test are done in the Imaging Services department at University of Washington Medical Center.

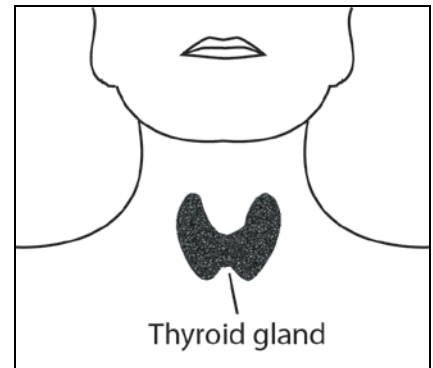
### **How do the tests work?**

#### **Uptake**

For the uptake, you will swallow a small dose of radioactive material (*tracer*). This tracer collects in your thyroid gland and gives off gamma and beta rays. A sensor will detect how much of the tracer your thyroid absorbs.

#### **Scan**

In the second part of the exam, a small amount of tracer is injected into a vein, usually in your arm. Images of your thyroid are then taken with a camera.



*The tracer you swallow for the uptake will collect in your thyroid gland.*

### **How should I prepare for the uptake and scan?**

#### **6 Weeks Before**

- You must NOT have had X-ray exams involving iodine contrast (such as IVP or CT) in the last 6 weeks.

## **4 Weeks Before**

- Most people will stop taking thyroid hormone medicine (synthroid, cytomel, lerothyroxine, lithyronine) 4 weeks before their tests. **Check with your doctor before you stop taking this medicine.**

## **In the Week Before**

- Do **not** take any oral iodides (such as Lugol's solution or SSKI) for 5 days before your exam. Remain off them until tests are completed.
- Do **not** take vitamins that contain iodine for 5 days before your tests.
- Most people will stop taking anti-thyroid hormones, Propothyouracil (PTU), Methimazole, or Tapazole thyroid medicine 4 days before their tests. **Be sure to check with your doctor before you stop taking these medicines.**

## **Day of Scan**

- Do not eat for 2 hours before your appointment. You may drink water.
- Bring 2 forms of identification (ID) with you to the scan.
- You must tell us if you are pregnant, even if you plan to end the pregnancy. If you might receive Iodine 131 (I131) therapy after the uptake and scan and you are a female of childbearing age, we may send you for a pregnancy blood test on Day 1 of the exam. Plan to be here 1½ extra hours to get the results of the pregnancy test.
- Tell us if you are currently breastfeeding. You cannot continue to breastfeed after you receive the radioactive tracers.

## **How is the scan done?**

### **Day 1**

- When you arrive at Imaging Services, you will swallow a capsule that contains a tracer.
- You must fast for 2 more hours after swallowing this capsule. You may drink water. You may eat after this 2-hour fasting period, before you return for your uptake study.
- You will return for an uptake study 3 to 4 hours after you swallow the tracer. This part of the visit will take 10 minutes.

### **Day 2**

- You will return the next day for another uptake measurement.
- After this second uptake measurement, you will have a thyroid scan.

- For the thyroid scan, a tracer will be injected in your vein. You will then need to wait 10 to 15 minutes before imaging begins. The entire visit takes about 1 to 1½ hours.
- If you are going to be treated with a therapeutic dose of I31 after the 24-hour uptake and scan, do **not** eat any solid foods for 2 hours before this appointment. Treatment with I131 will add 1 more hour to your appointment time.
- After the uptake and scan, it will take about 1 hour for your therapy dose to arrive.

If you will be treated with a therapeutic I131 dose after the uptake and scan, please review the radiation safety information. See “Instructions for Patients Receiving Radioactive Iodine Therapy for Hyperthyroidism.”

### **What should I expect during and after the exam?**

- It may be hard for some patients to lie still on the exam table.
- Most of the tracer passes out of your body in your urine. The rest simply goes away over time.

### **Who interprets the results and how do I get them?**

A doctor with special training in nuclear medicine will review the images and send a report to your doctor. Your doctor will share the results with you.

#### **Questions?**

Your questions are important. Call your doctor or health care provider if you have questions or concerns.

UWMC Nuclear  
Medicine/Imaging  
Services: 206-598-6200

Harborview Imaging  
Services: 206-744-3105