

Nuclear Medicine

Ground Floor (Access via X-Ray Dept.)

Clifford Bridge Rd

Coventry CV2 2DX

Iodine-131 administration & scan

This information will help you to prepare for your visit to the Nuclear Medicine department. It is important that you read all of the information enclosed about your appointment.

What is an Iodine-131 scan?

This is a test using radioactive iodine to obtain pictures of tissue in your body that will take up radioactive Iodine. The study is performed over the course of several days. You will be required to follow one of two pre-test medication regimes. It is very important that you adhere to the instructions relating to either of these. This is to make sure that the radioactive iodine is taken up into the tissues of interest.

There are also contact restrictions following the administration of the radioactive iodine, this is usually in the form of a capsule. **This capsule may contain gelatine derived from animal products.** These restrictions are detailed in this information leaflet. It is important that you read and understand these instructions.

The capsule is unlicensed for imaging. Within the UK, medicines are approved for use by the UK's governing body for medicines, the Medicines and Healthcare Products Regulatory Agency (MHRA), to ensure appropriate quality, safety and effectiveness of the medicine in relation to how it is to be used.

An unlicensed medicine is any medicine used within the UK without full approval by the MHRA. This may include using a medicine for another use outside of its licensed indication or using a medicine licensed for use by another country.

You have been prescribed an unlicensed medicine because there is no suitable licensed alternative available for the nuclear medicine study.



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However, the clinical team treating you will have thought carefully about prescribing and administering this medicine to ensure it's the most appropriate medicine for you and its use is carefully monitored to ensure patient safety.

Should you have any concerns with the study you have been booked in for, please do not hesitate to contact the department using the details below or your consultant.

Important

Please contact the department as soon as possible if:

- You are pregnant (or think you may be pregnant)
- You are breastfeeding
- You have any special needs
- You will be using ambulance transport to attend your appointment and your appointment time is after 12:00noon.
- You have had a CT scan or X-ray within the last twelve weeks where you were given an injection into a vein.

Tel: 02476 968212

Monday-Fridays 08:30am-5:00pm

Preparation

- Please do not take any medication or cough mixtures containing iodine from now until after the scan. If you are in any doubt, please ask your pharmacist.
- You must stop eating fish or other seafood for three days prior to your appointment and refrain from eating these foods until after your scan.
- If you have been advised to stop your thyroid medication, specific instructions and dates will be given to you with this letter. If you have not been given any instructions, please continue to take these as normal
- If you are asked to continue taking your thyroid medication as normal you will be given appointments on the two days preceding your radioactive Iodine administration. On each of these occasions you will be given an injection of thyrogen. This is to help stimulate any thyroid tissue and allow it to take up the radioactive iodine without the need to

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stop other thyroid medication. This will be done in the Nuclear Medicine department and will be given by a nurse. The dates and times of these injections are specified in the accompanying appointment information. You will be in the department for around 20 minutes on these days.

- The radioactive iodine capsule will then be administered on the following day and pictures of the distribution of the iodine in your body will be taken 2-3 days later.

Radiation Protection Instructions

After the administration of the iodine capsule you will have a small amount of radioactivity within you, so it will be necessary to place some restrictions on your contact with other people after you leave the department.

If you are travelling home after the radioactive administration by car, please avoid travelling in the car with any young children or pregnant individuals.

The restrictions needed to limit contact with other people are outlined below and will be written on a yellow instruction card given to you when you leave. Staff will explain these restrictions to you and answer any questions you may have.

Public transport -

Please do not take journeys on public transport which are longer than one hour until 4 days following administration

Work -

Do not return to work for 4 days (or longer if your work involves children/pregnant individuals, please contact the department for advice).

Places of entertainment or other areas where you will be in close proximity to others for a period of time -

Please do not go to these areas for 4 days.

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Home -

Avoid prolonged close contact (less than 1 metre) with others, sleep in a separate bed to other persons and observe hygienic precautions for 4 days.

Hygienic precautions include:

- the use of separate towels to other members of your household
- not preparing food for others unless wearing disposable gloves
- not sharing a toothbrush.
- maintaining good hygiene when using the toilet.

These will be discussed with you further at the time of your appointment.

Children and pregnant individuals

Avoid prolonged close contact with children, under the age of 5, and pregnant individuals for **11 days** after the capsule has been given.

When you attend for your scan appointment we will be able to re-measure the amount of radioactive iodine left inside your body. The restriction periods can often be reduced from the periods listed in the paragraphs above.

What will happen when I come for my scan?

You will be asked to go to the toilet to empty your bladder and remove any metal objects, such as necklaces, belt buckles and coins. You will not need to undress.

The images are taken with you lying on a bed. The camera will come close to you but it will not touch you. You will be required to keep as still as possible, but you can breathe as normal. These pictures will take approximately 45 minutes. A member of staff will be able to see you throughout the scan.

Sometimes it may be necessary for you to attend the department again for further images. This will be decided after your initial scan and you will be informed of this before you leave the department. Typically, these images are taken 24-48 hours after the first set of pictures. This additional scan may take up to an hour and allows us to track the radioactive iodine passing through your body.

What happens after the scan?

You will be asked to wait in the department for a few minutes whilst the images are processed and checked. You will be told when you are free to leave the department and whether you need to return for any further images.

Please note we are not permitted to discuss the results with you. The doctor who requested the test usually receives the results within 10 days.

Directions and Car Parking

The department is a short walk from the main entrance on the ground floor. To find the Nuclear Medicine department enter the hospital through the main entrance and turn left on to the West wing. Follow the signs for X-ray along the corridor. X-ray is located on the left hand side just past Fracture Clinic. Enter X-ray reception and continue ahead, following signs for Nuclear Medicine.

The department is located through the double doors, where you will enter into the main reception area of the department.

Hospital car parking is available to all hospital patients and visitors. Spaces are limited so please allow plenty of time to locate a car parking space. A charge is payable, number plate recognition is in operation. Further information including directions, parking charges and site maps are available on the trust website (www.uhcnhs.uk).

Relatives and Escorts

You may wish to bring a friend or relative to accompany you for your investigation but please do not bring children or pregnant individuals with you. They may be useful if you do not speak English very well or if you have any special needs.

Facilities available in the hospital

- Chilled water dispenser in the department.
- Costa coffee shop, M&S Food Hall and WHSmith shop in the main reception foyer.
- Three hospital restaurants.

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More information

All the staff would like to make your visit as pleasant as possible. If you have any concerns please talk to the person looking after you or contact us on 024 7696 8212.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact us on 024 7696 8212 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

Document History

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