

PARATHYROID SCINTIGRAPHY (PARATHYROID SCAN)

Purpose of the study

This study investigates parathyroid gland disorders.

Preparing for the study

- You may eat and drink normally.
- The referring doctor will provide separate instructions regarding your thyroxine medication.
- Medication to prevent hyperthyroidism, such as carbimazole, methimazole or propylthiouracil to be paused for a week (7days) before the examination.
- Vitamin D preparations must not be used for a week (7 days) before the examination.
- Calcimet (cinacalcet, trade name Cinacalcet) must be discontinued for two weeks (14 days) before the examination.
- After an iodinated contrast examination, parathyroid scan can be done only after six weeks.
- Dentures and joint replacements will not interfere with a nuclear medicine study.
- The study cannot be done to a pregnant woman.
- Tracer for this study will be ordered from abroad during the week before your appointment. If the appointment time is not suitable for you, please notify the Nuclear Medicine Unit one week in advance. This will give us enough time to cancel or postpone the order for the tracer.

What to expect at the study

Small amounts of two different radioactive tracers (^{123}I and $^{99\text{m}}\text{Tc}$) will be administered into a vein at your inner elbow for the study. The tracers do not cause allergic reactions.

You will wait 2 hours after the first injection for the tracer to accumulate in your thyroid gland. If you wish, you may leave the Nuclear Medicine Unit, and eat and drink normally during the break.

After the break, you will receive another tracer injection and the scanning will begin. We will take a reference image of your neck area, a cross-sectional scan, and finally a computed tomography scan in order to obtain more detailed results.

You will need to lie on your back and stay still during the imaging.

You will not need to undress for the imaging, but you will need to take off any necklaces or earrings, removable dentures and metal hairpins from your head and neck area.

Duration of the study

The entire study will take 3 hours, including the break. The imaging will take about half an hour.

Study results

The study results will be provided later by a doctor at the ward or clinic that referred you.

After the study

You will emit a small amount of radioactivity into your immediate environment after receiving the tracer. After the scan, you should drink plenty of fluids and empty your bladder more often than usual so that the radioactivity will leave your body through your urine.

Avoid close contact with pregnant women on the day of the study and the day after the study. You should also avoid holding children or being next to them for more than half an hour. Anyone will be completely safe from the radiation at a distance of two metres. The radiation will dissipate spontaneously over a couple of days.

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