

## Thyroid Whole-Body Scan (WBS) for Thyroid Cancer Patients but not receiving I-131 Therapy

A thyroid whole-body scan evaluates thyroid tissue by measuring how radioactive iodine is absorbed in the body after stimulation with Thyrogen. It helps identify the presence, location, and activity of any remaining normal or cancerous thyroid tissue following thyroid surgery. The results help guide future treatment decisions and ongoing monitoring.

### *Preparation Instructions*

**Avoid iodinated contrast:** Do not undergo imaging tests (e.g., IVPs, CT scans, angiograms) with iodinated contrast for at least **8 weeks before the scan**. Please discuss with your endocrinologist if you are taking **amiodarone**.

**Low-iodine diet:** Avoid foods high in iodine for **2 weeks before the scan**, including iodized salt, seafood, dairy products, soy products, egg yolks, canned vegetables, store-bought baked goods, and most prepared foods.

**Recommended foods:** Fresh fruits and vegetables, home-prepared fresh meats without added salt, unsalted nuts, grains, and home-baked items.

**Fasting:** Fast for at least **4 hours before iodine capsule administration** and **2 hours after**. You may drink water.

**What to bring:** A valid photo ID and your insurance card. Completed paperwork. Any relevant pathology, surgical, or imaging reports (e.g., prior I-123 whole-body scans).

**Clothing and jewelry:** Wear loose, comfortable clothing without metal components such as zippers or snaps. Leave jewelry and valuables at home. Lockers may be available if needed.

**Radiation exposure and safety:** This scan uses a **small diagnostic dose of radioactive iodine (I-123)**. Radiation exposure is minimal and remains well within established safety guidelines. No isolation or special radiation precautions are required.

### *What to Expect During the Procedure*

**Day 1:** The first Thyrogen injection will be administered at the facility. Thyrogen mimics natural TSH and stimulates thyroid tissue. **No fasting is required.**

**Day 2:** The second Thyrogen injection will be administered. **No fasting is required.**

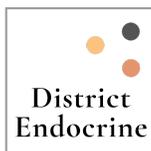
**Day 3:** The imaging facility will administer the **I-123 iodine capsule by mouth**. **You must fast for at least 4 hours prior** to this visit.

**Day 4:** A **Whole-Body Scan** will be performed. The scan typically takes **about 90 minutes**. **No fasting, isolation, or special precautions** are required after this scan.

**Day 5:** District Endocrine will provide laboratory orders for **thyroglobulin and thyroglobulin antibodies**. Please complete these labs at your laboratory.

### *Special Consideration:*

**Pregnancy precautions:** Nuclear medicine scans are not performed during pregnancy. Women of childbearing age will be asked to confirm that they are not pregnant at the time of the scan.



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