

# 甲狀腺掃描

## Thyroid Scan

A thyroid scan checks your thyroid gland for problems. The thyroid gland is located in your neck. It speeds up or slows down most body functions.

You will be asked to swallow a pill that contains a small amount of radioactive iodine for this test. There are no side effects from taking this pill.

It helps your doctor find problems of the thyroid gland. This information will help your doctor find the right medical treatment.

This test has 3 parts. You will be given 3 appointment times. Arrive on time for each part of the test.

If you have any allergies to medicines, foods or other things, tell the staff before the test.

If you are breastfeeding, pregnant or think you might be, tell the staff before the scan. For women of childbearing years, a pregnancy test is done before the scan.

### To Prepare

- Do not take multi-vitamins that contain iodine for 4 weeks before the test.
- If you are taking thyroid medicine, ask your doctor when you need to stop taking it before the test.
- Do not eat or drink anything, including water, after midnight before the test and for 2 hours after you take the pill.
- Ask your doctor if you should take your medicines the day of the test. If so, take with sips of water only.
- Bring a list of all of your medicines. Be sure to include any prescription or over the counter medicines and any vitamin or herbal supplements you take.

甲狀腺掃描是為了檢查您的甲狀腺有無問題。甲狀腺位於頸部。它加速或減慢大部份的身體功能。

為這次檢查，您將被要求吞服一顆含少量放射性碘的藥丸。服用此藥丸無副作用。

它能幫助醫生發現甲狀腺問題。這有助於醫生找到正確的治療方法。

檢查分3個部份進行。您將得到3次約診。準時前來參加檢查的每個部份。

如您對藥物、食物或其他物品過敏，請在檢查前向工作人員說明。

如您正在哺乳、已懷孕或認為自己已懷孕，請在掃描前向工作人員說明。育齡女性掃描之前要做妊娠測試。

### 準備工作

- 在檢查之前的4個星期，請勿服用含碘的綜合維他命。
- 如果您正在服用甲狀腺藥物，請詢問醫生在檢查前何時應停止服藥。
- 在檢查前的午夜之後以及您服用藥丸之後的2小時，請務飲用任何東西，包括水。
- 詢問醫生檢查當天是否應繼續服藥。如果需要服藥，請祇用少量水送服。
- 請帶上您服用的所有藥物清單。請務必包括您服用的處方藥或非處方藥以及任何維生素或草藥補充劑。

## During the test

You will have 3 appointments for this test.

### Part 1

- You will get more instructions and have a chance to ask questions.
- You will be given a pill to swallow.
- You may be allowed to go home to wait.

### Part 2

- About 6 hours later, you will return to have a small blood sample take from your arm. This measures the amount of radioactivity in your thyroid gland.
- This part of the test takes about 15 minutes.

### 3rd Appointment

- The next day, you will return to have blood taken to check the radioactivity in your thyroid gland.
- You will lie down for the scan to be done.
- During the scan, pictures of your thyroid will be taken with a camera-like machine. This will take about a hour.

Test results are sent to your doctor. Your doctor will share the results with you.

Talk to your doctor or nurse if you have any questions or concerns.

## 測試期間

你將有 3 次約診來做這個測試。

### 第一部份

- 您將得到更多的指示，並有機會提問。
- 您將需要吞服一片藥丸。
- 您可能被允許回家等待。

### 第二部份

- 大約 6 小時之後，您返回檢查處，由醫療人員從您的臂部抽取少量血樣，用於測量您甲狀腺中的放射能數量。
- 該部份測試約需時 15 分鐘。

### 第三部份

- 第二天，返回檢查處抽血檢查您甲狀腺中的放射能。
- 掃描時您要躺下。
- 在掃描過程中，一台類似照相機的機器將拍攝您的甲狀腺照片。大約需要 1 個小時。

檢查結果將送交您的醫生。您的醫生會告知您結果。

如果您有任何疑問或顧慮，請諮詢您的醫生或護士。