

Nuclear Medicine (NM) Thyroid Cancer Therapy Patient Instructions

WEEKS or DAYS before your appointment:

- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.

Ask your doctor right away about **BLOODWORK** you may need before your appointment, or **MEDICATIONS** you may need to change. **If not complete, you will be rebooked.**

- **Take your weight:** Contact Diagnostic Imaging at the number provided above if your weight is over 400lbs.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms a cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** You will need to have a lab pregnancy test 24 hours before your appointment to confirm you are not pregnant. Consult with your doctor to obtain a requisition for a pregnancy test.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. www.ipumpit.ca
- **Contact Diagnostic Imaging:** If you're breastfeeding, contact Diagnostic Imaging at the number provided above.

HOURS before your appointment:

4 Hours Before

- DO NOT eat or drink for 4 hours before your appointment.

BRING to your appointment:

- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

DO NOT bring:

- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

AT your appointment:

- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- If needed, you will be provided with a hospital gown to change into.
- You will be given a radioactive tracer to swallow.
- Your appointment may take up to 10 days to complete. It will be completed in two parts.

- **Part 1:** Interview and swallowing of radioactive tracer.
 - You will continue to fast for 2 more hours.
 - You will be required to follow restricted activities, as instructed by Diagnostic Imaging.
- **Part 2:** Imaging 7 – 10 days after Part 1, which may take up to 2 hours.