

Thyrogen® Stimulated Scan

What is a Thyrogen® stimulated scan?

Thyrogen® stimulated scans check your body for any remaining thyroid cancer after you received radioactive iodine therapy. This scan process happens over 4 days. The scans work best when you have high **TSH (Thyroid-Stimulating Hormone)** levels. You will receive Thyrogen® injections (shots) to increase your TSH levels. If you are getting a Thyrogen® stimulated scan, you do not have to stop taking your thyroid medication while you are having scans done to check for thyroid cancer.

How do I prepare for a Thyrogen® stimulated scan?

- You must eat a low iodine diet for 2 weeks before, and during the week of, your Thyrogen® stimulated scan. The low iodine diet will remove iodine from any remaining thyroid tissue, so that the Thyrogen® medication and radioactive iodine dose we give you to do your scan will work.
 - If you do not follow the diet, your body may not be able to use the medication and radioactive iodine properly to give us a reliable scan.
 - On your low iodine diet, we want to make sure you are still getting enough sodium. For this reason, we ask you to switch from an iodized or sea salt to kosher salt while you prepare for your scan.
- Avoid having any extra iodine put into your body. This includes avoiding X-rays or CT scans that are done with iodine injections for 4-6 weeks before your scan.

- Continue taking your thyroid medicine, even during the days of your scan.
- Remember to stay well hydrated by drinking plenty of fluids. It is important to increase your fluid intake (drink more) for several days before, during, and after your scan appointments.

What happens on Day 1?

Before coming to the Nuclear Medicine department, you will need to stop at the lab in the hospital for extra blood and urine tests.

- The blood tests will measure your thyroid levels.
- The urine (pee) sample will check for iodine, to make sure that your low iodine diet was successful.
- If you are old enough to have children, we will ask you to take a pregnancy test.

Once you arrive at the Nuclear Medicine department, we will give you your first Thyrogen® injection (usually into the muscle of your butt or arm). You can leave immediately after receiving your injection.

What happens on Day 2?

Once you arrive at the Nuclear Medicine department, we will give you your second Thyrogen® injection into your muscle. You can leave immediately after receiving your injection.

What happens on Day 3?

We will give you a small dose of liquid **radioactive iodine (RAI)** to prepare you for your scan on Day 4. You will drink your radiation dose through a straw. This dose has no taste. The RAI dose is small enough that you will not have to take any radiation exposure precautions (meaning that you will not have to do

anything special to prevent the radiation in your body from affecting others around you).

What happens on Day 4?

- You will have your scans. The standard scans are 2 sets of pictures. The first scan is of the whole body, and the second scan is of the chest and neck. Each scan lasts about 20 minutes.
- After all your scanning is done, you will meet with the doctor to talk about your results. If your scan results show that you have some remaining thyroid cancer, the doctor will talk with you about a treatment plan. Please note that you will not be treated that same day.
- You will also need to stop at the lab in the hospital before leaving for one last blood test. This is a time-sensitive test for stimulated thyroid blood, called **thyroglobulin**, which helps us see if you have any remaining thyroid tissue.

Who do I call if I have questions?

If you have any questions, please call the Michigan Medicine Nuclear Medicine Department at (734) 232-6072.

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