

## <sup>131</sup>Iodine Whole Body Scan

### PREPARATION:

- Absolute fasting for **6 hours**.
- Pregnancy should be ruled out, and it is necessary to bring the result of recent Beta-HCG (collected less than three days before the exam date) for women in the fertile period, not hysterectomized.
- **Medications to be suspended:**
  - ✓ For 15 days: Triiodothyronine (T3).
  - ✓ For 30 days: Levothyroxine (Puran T4, Synthroid, Levoid, Euthyrox). This test can be performed under TSH stimulation (Thyrogen); In this case, it is not necessary to withhold thyroid hormones;
  - ✓ **For at least 90 days prior or at the doctor's discretion:**
  - ✓ Medications containing amiodarone as the active ingredient. In cases of prolonged use of this medication, the discontinuation period may be longer than this;
  - ✓ Medications containing iodine, such as cough syrup, vitamins and vitamin supplements enriched with iodine or containing red dye (erythrosine) must be suspended for at least 30 days. **Check the package insert or label of the medicine.**
  - ✓ There are no limitations on the use of analgesics, antibiotics and anti-inflammatories, as long as they do not contain red dye (erythrosine);
  - ✓ Topical solutions and use of cosmetics: topical solutions containing iodine, such as Povidine, iodized alcohol, Schiller's test (gynecological exam), as well as the use of red/pink lipstick should not be used for at least 15 days;
  - ✓ **MEDICATIONS SHOULD ONLY BE WITHHELD UNDER SUPERVISION FROM THE ATTENDING PHYSICIAN;**
- Iodinated radiological contrasts should not be used for at least 30 days before the exam;
- Avoid walks on the beach and bathing in the sea, in addition to using suntan lotions for 15 days before the exam. (sunscreens are allowed);
- This test is not recommended for pregnant or breastfeeding women;
- The patient will be asked to take TSH, thyroglobulin and anti-thyroglobulin antibody tests, which must be collected in the days prior to the exam. **Check the laboratory for the expected result delivery time**, as the exam will only be performed upon the result of these tests.
- If you have any questions about medications, please contact our call center.

### DIET:

- 1) The goal of the diet is to reduce as much as possible the amount of iodine that comes from food and drinks. This is necessary to increase exam accuracy.
- 2) Check the product label if there is a reference to iodine or erythrosine dye in its composition or if there are any of the ingredients listed below.
- 3) Do not confuse sodium with iodine, for food or medicines that contain only sodium are allowed.

Foodstuffs that should not be consumed for <u>15 days prior to therapy</u> .	
<b>Salt</b>	All foodstuffs containing iodized salt (snacks, fried potatoes, cookies, etc.). Custom-ordered <b>Non-iodized</b> salt is allowed.
<b>Fish and food from the sea</b>	All seafood (oysters, fish, seaweed, shrimp, etc.). Freshwater fish is allowed.

<b>Meat and derivatives</b>	Smoked meat, sun-dried meat, meat broth, sausages (salami, bologna, mortadella, ham, bacon, sausage). All <u>fresh meats</u> are allowed.
<b>Eggs, sauces, oils and seasonings</b>	Egg yolk (egg whites are allowed), mayonnaise, soy oil and sauce, industrialized tomato sauce, ketchup, industrialized seasonings and broths (Sazon, Knorr, etc). Other seasonings, such as vinegar, olive oil, parsley, oregano, homemade tomato sauce, rosemary, thyme, corn/sunflower oil are allowed.
<b>Fresh fruit</b>	Strawberry, cranberry, blueberries.
<b>Leaves and vegetables</b>	Watercress, celery, Brussels sprouts, cabbage, artichokes, unpeeled potatoes and spinach.
<b>Grains and flours</b>	Soybeans and derivatives. Chestnuts, peanuts and <b>salted nuts</b> . Other grains (e.g., rice, beans, corn, wheat) and flour are allowed.
<b>Canned goods and preserves</b>	All canned vegetables (such as olives, pickles, sauerkraut, etc.), canned or syrupy candies and prunes.
<b>Sweets and drinks</b>	All chocolates, candies made with eggs and/or milk, candies and drinks containing red/pink dye. Instant or instant coffee, industrialized teas, coconut water and dark soft drinks. Natural juices and teas, clear soft drinks, light beer, and white wine are allowed. Vegan sweets, honey and molasses are also allowed.
<b>Dairy</b>	All milk of animal origin and its derivatives (butter, cheese, cottage cheese, yogurt, ice cream), soy milk and tofu (soy cheese). Other milks, such as oats, almonds, rice and unsalted margarine, are allowed.
<b>Breads and pastas</b>	Industrialized breads, pizza and all pasta made with eggs/milk.
<b>Food Supplements</b>	All food supplements (e.g. Whey protein, casein, creatine, etc.) should be suspended.

## HOW IS THE EXAM PERFORMED?

This exam is done in two phases (two days):

### Phase 1:

- After filling out the registration form at the reception, the patient will undergo a brief clinical interview to check their data and blood test results. Then the patient will be sent to the preparation room and a small dose of radioactive iodine will be administered orally. The patient will be released with instructions to fast for another 2 hours and return between 48 to 72 hours. The patient should maintain the diet until image acquisition. The use of laxatives in this 48-hour period is recommended, as the presence of radioactive iodine in intestinal loops can hinder the analysis of the abdomen.

### Phase 2:

- Upon returning to the clinic, the patient will be sent to the examination room, where they will be positioned on the device's gurney, and must remain lying down for 40 minutes to 1 hour to acquire full-body images.
- In some cases, when the material has not been properly cleared, the patient will be asked to return on another day for the acquisition of complementary images, remembering that this does not require any additional administrations of the tracer.

## WBS USING THYROGEN:

# Patient Guidelines

In WBS with the use of Thyrogen (exogenous TSH), the patient should proceed as follows:

- The preparation is the same, however, IT IS NOT NECESSARY TO WITHHOLD LEVOTHYROXINE (LEVOID, SYNTHROID OR EUTHYROX). Depending on the clinical evaluation, the nuclear physician may request the withholding of levothyroxine for only one week before therapy;
- Thyrogen medication will be administered only after confirmation that the patient is not pregnant (if applicable);
- The administration of Thyrogen is intramuscular, on the first and second days before the administration of radioiodine iodine (preferably perform this procedure in the nuclear medicine clinic);
- Collect a TSH blood test, as a matter of urgency, on the 2nd or 3rd day. The result should be sent to the nuclear physician;
- The dose will be administered on the 3rd day;
- Collect thyroglobulin and anti-thyroglobulin antibody tests on the 5th day after the Thyrogen injection (consider as the "1st day", the day of the first Thyrogen injection).

