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Radioactive iodine uptake test

Definition: The absorption of radioactive iodine, or RAIU, is proof of thyroid function. The test measures the amount of radioactive iodine (taken in the mouth) that accumulates in the thyroid gland. See also thyroid scanning. **Alternative names:** iodine absorption test; RAIU **How the test is performed:** RAIU is a type of nuclear test that measures the amount of radioactive iodine taken by the thyroid gland in a given period of time. You are asked to ingest (swallow) radioactive iodine (I-123 or I-131) in liquid form or capsule. After a while (usually 6 and 24 hours later), you need to have the radioactivity measured again. A gamma probe is placed on the thyroid gland in the neck to measure the amount of radioactivity in the thyroid gland. This amount of radioactivity is compared to the original dose of radioactivity and was reported as a percentage of the original dose. **How to prepare for the test:** Fast for 8 hours before the test. Check with your healthcare provider if you have a history of factors that may affect your test (see special considerations). The healthcare provider can restrict iodine and thyroid drugs (or anti-thyroid) for 1 week before testing. **How the test will feel:** No discomfort. It can be eaten from 1 to 2 hours after ingesting radioactive iodine, and a normal diet can be resumed when the test is finished. For scanning, you are asked to pull on a table while the scanner is placed over your neck. **Scanning takes about 30 minutes. Why the test is performed:** This test is performed to evaluate thyroid function, especially when blood tests of thyroid function (e.g. T3 or T4 levels) have abnormal results. **Normal values:** 6 hours: 3 to 16% 24 hours: 8 to 25% **Note:** Some laboratories only measure at 24 hours. There may be some variation in values with ingestion of dietary iodine and with laboratory procedural differences. **What abnormal results mean:** Increase (more than 35% at 24 hours is considered high); Hashimoto's Thyroiditis Hypertthyroidism (early) goiter Decreased: subacuda hypothyroidism thyroiditis iodine overload (excessive ingestion of iodine) See also special considerations. **Additional conditions under which the test can be performed:** coloidal nodular goiter graves painless (silent) toxic nodular goiter Goiter **What are the risks:** The risk is minimal. The amount of radioactivity is very small and there have been no documented side effects. However, as with any radiation exposure, this test is not recommended for women who are pregnant or breastfeeding. The amount of iodine used is less than a normal intake of dietary iodine. A history of iodine allergy (contrast dye) does not necessarily contraindicate the tests, although the history of dietary iodine allergy (or seafood) may contraindicate Test. **Special considerations:** Radioactive iodine is excreted in the urine. However, the amount of radioactivity is minutes, so special precautions may or may not be advised for 24 to 48 hours (often (often includes washing twice after urinating). Consult the health provider or the department of radiology/nuclear medicine that performs the scanning. **Interference factors:** deficient diet of recent excessive iodine-diet (in the last two weeks) radiological procedures using iodine-based contrast diarrhea (may decrease the absorption of radioactive iodine) **Drugs that increase results include** barbiturates, estrogen, lithium, phenothiaz, and thyroid-stimulating hormone. **Drugs that decrease results include** ACTH, antihistamines, corticosteroids, Lugol solution, nitrates, SSKI (saturated potassium iodine solution), thyroid drugs, anti-thyroid drugs, tolbutamide. A radioactive iodine absorption test (RAIU) uses a radioactive tracer and a special probe to measure how much tracer the thyroid gland absorbs from the blood. The test can show how much tracer is absorbed by the thyroid gland. The raiu test is often done along with a thyroid scan, which shows whether the tracer extends evenly to the gland. This helps your doctor know if the thyroid gland is working properly. The radioactive tracer commonly used in this test is iodine. A radioactive iodine absorption test is performed to find problems with the work of the thyroid gland, such as hyperthyroidism. A radioactive iodine absorption test (RAIU) is done in: Finding the cause of an overactive thyroid gland (hyperthyroidism). Treatment of the plan for hyperthyroidism. Treatment plan for patients who have had thyroid cancer surgery. Tell your doctor if you: Take medication regularly. Make sure your doctor knows the names and doses of all your medications. Your doctor will tell you if and when you need to stop taking any of the following medications that can change the results of RAIU tests: thyroid hormones Antithyroid drugs or supplements containing iodine, such as iodine salt, kelp, cough syrups, multivitamins, and heart medicine amiodarone are allergic to any medication, such as iodine. But even if you are allergic to iodine, chances are you can have this test because the amount used in the tracer is so small that your probability of an allergic reaction is very low. Have they ever had a severe allergic reaction (anaphylaxis) of any substance, such as the poison of a bee sting or eating seafood. They have had any test using radioactive materials or iodine dye, such as a CT, 4 weeks before the raiu test. These other tests can change the results of the raiu test. They are or may be pregnant. They are breastfeeding. Before a raiu test, blood tests can be performed to measure the amount of thyroid hormones (TSH, T3 and T4) in the blood. To prepare for a raiu test: Follow the instructions of your about not eating before the test. Most often, you will have to stop eating 8 hours before the test. Tell your doctor about all the medications, vitamins and supplements you are taking. You may need to stop taking some medications or supplements for a while before the test. Your doctor may ask you to eat a low iodine diet. Per Per RAIU, a dose of radioactive iodine will be swallowed. Iodine can be taken as a capsule or a fluid 4 to 24 hours before the test. Iodine has little or no taste. Just before the test, you will remove your dentures (if you wear them) and all jewelry or metal objects from around your neck and upper body. You will be asked to sign a consent form that says you understand the risks of the test and agree to do so. Talk to your doctor about the concerns you have regarding the need for proof, your risks, how it will be done, or what the results will mean. To help you understand the importance of this test, fill out the medical test information form. A radioactive iodine absorption test (RAIU) is performed in the nuclear medicine section of a hospital's radiology department by a person in nuclear medicine (nuclear medicine technologist). For this test, you are on your back with your head tilted back and your neck outstretched. It is important to still lie during this test. A special machine is placed on its thyroid gland to measure the amount of tracer absorbed by the thyroid gland. This is not an X-ray machine—it is a scanner that detects the radiation given by the tracer. This test lasts about 10 minutes and takes 3 to 6 hours after the tracer is given. Another scan can be done in 24 hours. After a raiu test, you can do your regular activities. But you will be asked to take special precautions when urinating. This is because your body gets rid of the radioactive tracer through your urine. This takes about 24 hours. During this time, it is important to wash the toilet twice every time you use it and wash your hands thoroughly after each time you urinate. You may find it uncomfortable to lie still with your head bowed back. Every time you're exposed to radiation, there's a small chance of damage to cells or tissues. This is the case even with the low level radioactive tracer used for this test. But the likelihood of damage is very low compared to the benefits of the test. Most of the tracer will leave your body through your urine or feces within a day. So be sure to wash the toilet right after using it, and wash your hands thoroughly with soap and water. The amount of radiation in the tracer is very small. This means that it is not a risk for people to be around them after the test. This test is not performed for pregnant women due to the possibility of exposing the baby (fetus) to radiation. This test is also not recommended for nursing women or young children. A radioactive iodine absorption test (RAIU) uses a radioactive tracer and a special probe to measure how much tracer the thyroid gland absorbs from the blood. The radioactive tracer used in this test is iodine. A to check for thyroid gland problems, such as hyperthyroidism. Radioactive thyroid analysis and radioactive iodine absorption test (RAIU) **Normal:** The amount of radioactive tracer in the thyroid gland is normal. A raiu test measures the amount of tracer assumed by thyroid gland at certain times after giving the tracer. The measured amount of radioactive tracer in the thyroid gland at each of these times is at normal levels. **Abnormal:** The test shows or more or less tracer capture than normal in the thyroid gland. If hyperthyroidism is present, abnormal test results can mean certain conditions are present. A low absorption of tracer by the thyroid gland may mean that hyperthyroidism is caused by inflammation of the thyroid gland (thyroiditis), taking too much thyroid medicine, or another rare condition. A high absorption of tracer spread evenly to the thyroid gland can mean that hyperthyroidism is caused by conditions such as Graves disease. Reasons why you may not be able to have the test or why the results may not be helpful include: Taking thyroid medications. Eat foods with iodine, such as seafood, iodine salt or kelp. Have other tests using contrast materials in the last 4 weeks. Fischbach FT, Fischbach MA (2018). Fischbach Laboratory and Diagnostic Testing Manual, 10th ed. Philadelphia: Wolters Kluwer. Kluwer.

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