

Thyroid Clinic – your outpatient clinic visit

Your doctor has referred you to Guy's Hospital Nuclear Medicine Thyroid Clinic because you have a medical condition affecting your thyroid. An appointment has been made for you to see one of our thyroid consultants. There may also be a clinical nurse specialist and student present. This leaflet explains more about thyroid clinic.

When is the clinic held?

The Thyroid Clinic is held every Monday from 10 am to 1pm and, 2pm to 5pm. The morning appointments are usually for new patients to the service and the afternoon appointments are for follow up patients. Your appointment time and location will be indicated in your appointment letter.

Your clinic appointment

When you arrive at the thyroid clinic, you will book in at the main reception desk. The receptionist will check your details such as your address, postcode and GP. This is to ensure that all your details are up to date in your patient records, and that any letters we need to write to you or your GP are properly addressed. If you do change address or GP between clinic visits please let us know by telephoning 020 7188 4110.

The receptionist will ask you to take a seat in the waiting area. You will be seen first by the clinic nurse, who will weigh you.

The Nuclear Medicine consultant or one of his or her team will then see you. Student doctors and nurses are sometimes present during the clinic consultations as part of their training. We hope you do not mind if they are in the room during your consultation but please tell us if you would prefer they were not present.

New patients – do need a thyroid scan?

If you are a new patient to the thyroid clinic the doctor may order a thyroid scan before your consultation. This is a test to look at the size, shape, position and activity levels of your thyroid gland.

The scan involves an injection of a very small amount of radioactive tracer and then a wait of about 20 minutes for your thyroid gland to absorb the tracer. After this time you will have a scan of your thyroid. During the scan you will lie on an x-ray bed and the scanner will come close to your face but will not touch you.

You do not have to remove your clothing – however any necklaces must be taken off. A staff member will stay in the room with you at all times. The scan does not have any side effects.

The doctor will then review these scans and discuss the results with you the same day.

Where necessary, details of a scan appointment together with directions of where to go will be included with your clinic appointment. Please read your appointment letter carefully. Please contact us before a thyroid scan if you are pregnant or breastfeeding, or if you are taking the medication thyroxine.

Follow-up appointments

If your appointment is in the afternoon clinic you will see the Nuclear Medicine consultant who will review your medication and order a blood test to monitor response to treatment and check that you are on the correct dose of thyroxine. Following a consultation and blood test you can leave the hospital. You will be given a form to drop to reception to make your next appointment. The consultant will write to you and your GP once the blood test results are reviewed, usually within one week.

Do I need to bring anything with me?

Please bring your appointment letter with you to the clinic along with all of the medicines that you are currently taking or using, including those you get from your doctor on prescription, medicines you have bought yourself which were not prescribed by your doctor and any alternative medicines, such as herbal remedies.

What if I am unable to attend?

If you need to cancel or reschedule your appointment, please call the thyroid coordinator on the number below as soon as possible. The same number is included on your appointment letter.

What if I need an interpreter?

If you need an interpreter to help you at your appointment, please contact the Thyroid Clinic in advance so that we can arrange this for you. Alternatively, please contact your GP who can also arrange this.

Contact us

We want your visit to the department to be as pleasant as possible. If you have any questions or concerns please call the Nuclear Medicine Department, 9am to 5pm Monday to Friday

CNS Thyroid Service:	020 7188 4098
Thyroid Coordinator, Guy's Hospital:	020 7188 4110
Nuclear Medicine Dept, Guy's Hospital:	020 7188 4112

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit www.guysandstthomas.nhs.uk/leaflets

Pharmacy Medicines Helpline

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

t: 020 7188 8748 9am to 5pm, Monday to Friday

Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

e: 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch using the following contact details.

t: 020 7188 8815 **fax:** 020 7188 5953

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

Become a member of your local hospitals, and help shape our future

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years.

To join, please call 0848 143 4017, email members@gstt.nhs.uk or visit www.guysandstthomas.nhs.uk

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