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 the thyroid clinic.

When is the clinic held?
The Thyroid Clinic is held every Monday from 10am to 1pm and then from 2pm to 5pm. The morning appointments are usually for patients new 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, t: 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 their 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 it. Then 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 a list of all of the medicines that you are currently taking or using, including those you get from your doctor on prescription, over-the-counter medicines you have bought yourself, 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.

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**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, Monday to Friday, 9am to 5pm.

Thyroid coordinator, Guy’s Hospital t: 020 7188 4110
Nuclear medicine department, Guy’s Hospital t: 020 7188 4112

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

**Your comments and concerns**
For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)     **e:** pals@gstt.nhs.uk
**t:** 020 7188 3514 (complaints)     **e:** complaints2@gstt.nhs.uk

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