

Thyroid clinic – your outpatient clinic visit

Your doctor has referred you to Guy's Hospital Nuclear Medicine Thyroid Clinic because you have a condition affecting your thyroid gland. An appointment has been made for you to see a thyroid consultant. 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, 10am-1pm and 2-5pm. 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 are 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 make sure that all your details are up to date in your patient records, and that any letters we write to you or your GP are properly addressed. If you change address or GP between clinic visits please let us know, **tel:** 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 consultations as part of their training. We hope you do not mind if they are in the room, but please tell us if you would prefer they were not there. Your decision will not affect your treatment in any way.

New patients – do you need a thyroid scan?

If you are a new patient to the thyroid clinic the doctor might 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 (dye) 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 – but 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. Details of a scan appointment, and directions of where to go, will be included with your clinic appointment if appropriate. 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 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. After the consultation and blood test you can leave the hospital. The consultant will write to you and your GP once the blood test results are reviewed, usually within 1 week.

Do you need to bring anything with you?

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 you cannot come to your appointment?

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 you 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

If you have any questions or concerns please call the Nuclear Medicine Department, Monday to Friday, 9am-5pm.

Thyroid coordinator, Guy's Hospital, **tel:** 020 7188 4110
Nuclear medicine department, Guy's Hospital, **tel:** 020 7188 4112

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **web:** 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, **tel:** 020 7188 8748, Monday to Friday, 9am-5pm, **email:** mymedicines@gstt.nhs.uk

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