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Do I need to wear a thyroid shield during a mammogram?

Breast Care Centre

Information for Patients

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What is a thyroid shield?

The thyroid gland is in your neck. A thyroid guard or shield is a soft lead collar that wraps around your neck. It protects the gland from the risk of thyroid cancer from radiation. Not all procedures that use radiation will need you to wear a thyroid shield.

Evidence-based guidance confirms that contact shielding including thyroid protection gives little to no benefit. It is no longer required for routine imaging scans.

It may still be needed for some patients having non-routine medical imaging and medical staff working frequently in medical imaging departments to wear thyroid shields.

Why is a thyroid shield not needed for a mammogram?

Mammograms are low dose examinations. The machines have radiation shields that stop stray radiation and are designed to make sure you are safe. The thyroid gland will not be exposed to the direct X-ray beam. Only the breast being examined will get an intentional dose of radiation during the X-ray.

Using a thyroid shield is not recommended as very little radiation reaches the thyroid gland therefore it does not need protecting.

Wearing a thyroid shield may also get in the way of your positioning for a mammogram. It may cover part of the breast. This would not be helpful for the doctor reading the mammogram. It may mean you will need repeat X-rays. Resulting in X-ray exposure that is not needed to the breast. This makes you higher risk than if you did not wear a shield at all.

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Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہِ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

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