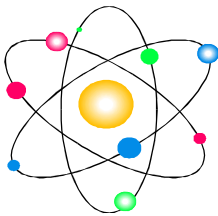


Radioactive Iodine Treatment for Hyperthyroidism



UHN

Instructions for Outpatients Receiving an I-131 Therapy dose
From 6 mCi to 15 mCi



What is Radioactive Iodine Treatment?

The thyroid gland takes iodine from the blood to make thyroid hormone. Because of this, we are able to treat certain thyroid conditions with radioactive iodine.

I-131 sodium iodide is a radioactive form of iodine, which sends out radiation over a short distance. It destroys only the tissue that takes in the iodine without affecting the tissue around it.

Preparing for the Treatment

- Have a light meal 1½ – 2 hours before your appointment.
- If you are a female between 10 and 55 years of age, we will need you to do a pregnancy test because of the risk of possible side effects to the fetus.
- Stop breast-feeding **before** therapy and do not start again when the treatment is finished.

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What happens during the treatment?

The Nuclear Medicine technologist will explain the procedure to you and discuss the possible side effects, as well as after therapy instructions. Please feel free to ask any questions.

We will give you the radioactive iodine in pill form. A lot of the iodine will go to your thyroid gland. The rest will come out through your urine, saliva, and perspirations. So, you will be radioactive for a few days.

We will give you a list of instructions to follow after therapy to avoid radioactive contamination and minimize radiation exposure to others around you.

What to do right after Treatment

- After you receive the treatment, and continuing **for 48 hours**, please follow these simple rules:
- Flush the toilet twice after each use, and wash your hands very well with soap and water.
- Males should sit on the toilet while emptying their bladder.
- Throughout the day, wash your hands often with plenty of soap and warm water.
- Suck on hard candy or lemon slices during the first 24 hours after treatment to help you with the flow of your saliva.
- Separate your bath towels, face cloths, cutlery, and dishes from those of the rest of the family and wash these items last.

More Precautions

- Sleep alone for **5 days**.
- Do not return to work for **2 days** if you work closely (less than 1 meter) to others.
- Avoid long periods of close contact with children under 12 years old, or pregnant women for 5 days.

After Therapy

- Do not have anything to eat for one hour. Clear fluids are OK.
- Drink extra fluids and empty your bladder often for the first 48 hours.
- You may have symptoms including sore throat or difficulty swallowing.
- If you vomit within 12 hours of receiving the therapy dose, call your doctor because this could affect your treatment.
- Females should wait for 6 months and males for 2 months before starting a pregnancy.

- **It may take 3-6 weeks before you notice any improvement in your hyperthyroid symptoms.**

If you have any questions or concerns please call your doctor.

If you need to cancel or reschedule your appointment, or if you are going to be late, please call the Nuclear Medicine department at 416-340-3311.

If you do not have a hospital card for University Health Network, please come 30 minutes before your appointment time and go to Patient Registration. It is located on the ground floor, near the Elizabeth Street entrance.

The Nuclear Medicine department is located on the first floor of the hospital, near the East elevators (ES1-408).

Check in at the Medical Imaging Reception located on the first floor of the Clinical Services Building **15 minutes before your appointment.**