



## **Instructions for Patients Receiving Radioiodine Therapy**

You will receive radioiodine for thyroid cancer treatment. It is provided in a tablet or liquid form. Radioiodine is collected by the thyroid tissue and causes the cells to stop working and growing. This is the desired effect of treatment. Most of the radiation will leave your body the first 2-3 days after treatment through urine but small amounts may leave in saliva, sweat, vomit and stool. People who are in close physical contact with you may be exposed to small amounts of radiation however such limited exposure is recognized to be safe. Efforts should always be made to avoid unnecessary exposure.

- When travelling home after treatment, maintain as large a distance as possible between yourself and the driver. Only one person to accompany the patient home in the car. Please note that public transit is NOT to be used for travelling home after radioiodine therapy.
- If you feel nauseated after the treatment take gravol as directed orally, up to every 6 hours (if needed), for up to 2 days. If urine or vomit spills on the floor, wear rubber gloves to clean up any spill.
- Try not to remain in close contact with other people for longer than necessary (no closer than 3 metres/10 feet for more than one hour per day). Avoid pregnant women and young children for 7 days.
- Stay at home from school for a minimum of 7 days.
- Drink plenty of fluids starting 90 minutes after you take the dose of Iodine-131 for 3 days.
- Suck on sour candies for the first 2 days to reduce uptake to your salivary glands.
- Reserve a bathroom for your personal use for 7 days. Wash hands frequently, especially after urinating. Flush the toilet twice after each use. Males should sit for urinating to avoid splashing.
- Take at least 1 shower or bath per day.
- Launder your clothes, bedclothes, towels, etc. separate from the clothes of anyone else for 7 days.
- Do not handle or prepare any goods which might be consumed by another person.
- Use separate eating utensils and do not share personal items such as combs, toothbrushes, etc.
- Do not share a bed or bedroom with other siblings. Sleep alone for 7 days.
- Avoid kissing or intimate contact with another person.
- If you are in need of any medical care, the medical personnel should be informed about these instructions.
- We recommend that all patients receiving radioactive iodine avoid getting pregnant or fathering a child 6-12 months afterwards.
- If you have any questions concerning these instructions, please contact Nuclear Medicine at (416) 813-6065 on weekdays from 8:00 am -4:30 pm.
- After hours page the technologist at (416) 235-8954. You will hear a message “please enter your number on a touch tone phone after the tone”. When you hear beeps, enter in your phone number including the area code. You will then hear the message, “message sent” and you can now hang up.