

# Information about radioiodine therapy (after therapy >800 MBq)

## Follow next instructions after I-131 therapy:

After therapy you may have no food or drink for 2 hours. After that you must drink plenty of extra fluids and empty your bladder frequently in order to decrease the radiation dose in your bladder. Radioactive iodine is secreted into your urine most during the first 48 hours.

## After discharging home:

To minimise the radioactive burden to your environment, you should act according to the following instructions for a given restriction period

## There are three basic principles to remember:

*Distance:* The greater the distance you are from others, the less radiation they will receive. Try not to remain in close contact with others for longer than is necessary.

*Time:* Radiation exposure to others depends on how long you remain close to them. You should try to minimize the time spent in close contact with others.

*Hygiene:* Good hygiene minimizes the possibility that other people will be contaminated with the radioiodine that leaves your body. Since most of the radioiodine leaves your body in your urine, good toilet hygiene and careful, thorough washing of your hands will reduce the possibility of contamination. Men should also urinate in sitting position. Flush toilet 2-3 times after urinating.

## Follow next instructions:

1. During the first 9 days following the therapy, you should not come close (less than two meters) to young children (younger than ten years) or pregnant women for more than 1 hour on one day.
2. Even for the next 3 weeks (days 10-30), you should not be closer than two meters to young children or pregnant women for more than 3 hours a day.
3. You should avoid getting pregnant for at least 1 year and fathering a child for at least 6 months after radioiodine therapy since radioiodine can harm reproductive cells and unborn babies.
4. Sleep in separate bed from your partner for 8 days after therapy. Beds at least 2 meters apart.
5. If you are taken to hospital as a patient, you should inform the doctor in charge of your care, about this radioiodine therapy.

Travelling home: The journey home from the hospital can be made by public transport, as long as the journey does not take more than an hour.

Travelling abroad: Customs checkpoints have radiation surveillance. If travelling abroad, you should ask from the nuclear medicine department for an official document regarding the treatment.

If you have a job where you have contact with children, you may need to take sick leave. Your referring doctor will determine this and give you the sick leave certificate, if necessary.

If you have any questions about the therapy, call 014-269 1263, Clinical Physiology and Nuclear Medicine. From Monday to Thursday, from 9.00 am to 15.00 pm, Friday from 9.00 am to 13.00 pm.