

PATIENT INFORMATION

Please arrive 10 minutes early. This gives you time to check in. Please bring with you photo identification and your BC CareCard (personal health number).

Please do not bring your children with you unless you bring someone to care for them while you are having the test.

If you are not able to keep your appointment, please call **604-806-8008** as soon as possible. Please give us at least 24 hours notice so we can use your time for someone else. When you call, we will give you another date and time for your test.

Things you need to know

Your doctor wants to treat your thyroid condition with Radioactive Iodine.

Following these instructions will reduce the radiation exposure to your caregiver and ensure that no members of the general public will receive excess radiation.

There are three basic principles to remember:

Distance

- The greater the distance you are from others, the less radiation they will receive.
- Even an increase in distance of a few feet will greatly reduce the exposure.
- 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 and thorough washing of yours hands will reduce the possibility of contamination.

Treatment Date: _____

When you go home

Driving Home

- We would prefer that you drive home alone. If your caregiver is driving, maintain as much distance from each other as is practical.
- **For three days** following your treatment, you **cannot use public transportation** (such as airplanes or bus lines).
- **If you are breastfeeding, you must stop.** The radiation passes into the breast milk and may cause unwanted effects to your baby.

For 3 days following your treatment:

- Make every practical effort to increase your distance from and reduce your time with your caregiver.
- Drink plenty of liquids such as water or juices. This will make you urinate more frequently and help the radioiodine to leave your body more rapidly, thus lowering the amount in your body.
- Wash your hands with soap and plenty of water each time after you go to the toilet. Keep the toilet especially clean. Men should sit when urinating. Flush the toilet 2 or 3 times after each use.
- Take at least one shower or bath a day.
- Sleep in a separate bed from others.
- Avoid kissing or sexual intercourse.
- If you have a baby (or you are taking care of one):
 - For the first two days after your treatment, try not to keep the baby close to your body (such as in your lap) for more than a short time, or you can make alternative arrangements for the care of your baby.

On the 4th day following your treatment:

- Wash all of the clothing you have worn as well as the bed sheets and towels.
- Clean the entire bathroom thoroughly.

If you or anyone else has concerns about this radiation therapy, please call either:

➔ St. Paul's Hospital Nuclear Medicine at **604-806-8008 (working hours)**.

➔ After hours - **604-682-2344** and ask for the nuclear medicine physician on-call.