

Patient's Name: \_\_\_\_\_

DOB: \_\_\_\_\_

## I-131 THERAPY INFORMATION SHEET

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Diagnostic Imaging Department  
222 Medical Circle  
Morehead, KY 40351  
Office: 606-783-6761  
Fax: 606-783-6935

**Patients:**

These are the instructions for your scheduled procedure in our Diagnostic Imaging Department.

You are scheduled for I-131 thyroid therapy procedure. Due to the high dose of radioactivity you are going to receive, certain precautions should be observed.

1. Because I-131 is excreted from your body through urine, saliva, and perspiration you should:
  - A. Flush your toilet at least twice after each use.
  - B. Eat off of paper plates, cups, and plastic forks and dispose of after each use. This ensures others will not ingest the radioactivity that is excreted from your body.
2. Almost all of the dose that you will receive will be concentrated in your neck. If you have young children you should also attempt to try to refrain from holding or hugging them for a long period of time. A simple peck on the cheek or a quick hug is fine. For the first day or two you should also sleep away from your partner.
3. If you are breastfeeding, **STOP!** The radioactivity is also excreted through your breast milk. It is possible to pass along a dose of radioactivity to your child without knowing it.

You will receive written and oral instructions at the time of the therapy. Try to remember you are receiving the therapy dose. These precautions are to protect the people around you from unnecessary exposure. You should follow these precautions for about a week.

If you have any questions or concerns, please call St. Claire Regional's Nuclear Medicine Department at 606-783-6765.