

# Radiation Safety Instructions - Less Than 7 mCi

## <sup>131</sup>Iodine Hyperthyroid Patients & Family

You or a member of your family has been given Iodine-131 that is a radioactive drug, for the **Therapeutic Treatment of Hyperthyroidism (Overactive Thyroid Gland)**.

Your body will get rid of Iodine-131 in large amounts during the next two(2) days and more slowly thereafter, primarily in your urine and to a lesser extent in your saliva. As a result of this normal process your urine and saliva will be radioactive. Additionally the radiation given off by the Iodine-131 will be leaving your body at all points without you or others knowing it.

Because this drug is radioactive, it is extremely important that you make the following temporary changes in your behavior. This will limit the radiation exposure to both you and those people with which you may live and/or work.

**You must STOP breast feeding!**, a portion of the radioactive material will appear in your breast milk. If you continue to breast feed, your child will receive unnecessary radiation exposure and potential damage to their thyroid gland.

Except for breast-feeding, the risk associated with this radiation exposure is very small if the instructions noted below are followed. The basic point to remember is that -- you, as the patient need the radiation -- others don't. In general terms the three points noted below should be very clear.

- **DISTANCE** -- the greater the distance you are from others, the less radiation they will receive.
- **TIME** -- the less time you spend around others, the less radiation exposure they will receive.  
**Use both of these points together and treat others as if you have the flu !!**
- **HYGIENE** -- good personal hygiene habits are essential, to lower the possibility of transferring Iodine-131 to others.

### **FOLLOW THE ITEMS NOTED BELOW !!**

	<u>Duration</u>		<u>Duration</u>
Avoid Kissing	<u>2 DAYS</u>	Sleep alone in separate bed (7 ft separation)	<u>1 DAY</u>
Avoid sharing items that contact the mouth	<u>2 DAYS</u>	Avoid Contact with Pregnant Individuals	<u>1 DAY</u>
Use separate / disposable eating utensils	<u>2 DAYS</u>	Avoid Contact with Young Children	<u>1 DAY</u>
Drink Plenty of Fluids	<u>2 DAYS</u>	Maintain Prudent Distance From Others (7 ft)	<u>Next Day</u>
Men should sit during urination	<u>2 DAYS</u>	Delay return to work	<u>Next Day</u>
Flush Toilet 2 - 3 Extra Times	<u>2 DAYS</u>	Limit time spent in public places	<u>Next Day</u>
Wash hands frequently after using toilet	<u>2 DAYS</u>	Avoid mass transportation (greater than 4 hr)	<u>N / A</u>
Use separate towels and washcloths	<u>2 DAYS</u>	Avoid Prolonged Car Trips with Others	<u>N / A</u>
Wash Under Clothes Separately	<u>2 DAYS</u>	Prevent Pregnancy	<u>6 MONTHS</u>
Breast Feeding	<u><b>STOP</b></u>	Patient Hospitalization / Death	<u><b>CALL</b></u>
Follow Travel Restrictions with Notification Card or Letter			

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Radiation Safety Officer

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Date / Phone #