

Three basic principles to keep in mind

1 Time

The amount of radiation exposure that another person may receive depends on how long you remain close to them. You should try to minimize the time spent in close contact with others.

2 Distance

The greater the distance you are from others, the less radiation they will receive. Even an increase in distance of just a foot or two will greatly reduce the exposure they receive. Try not to remain in close contact with others for longer than is needed.

3 Hygiene

Good hygiene will minimize the possibility that other people will be contaminated with the radioiodine that leaves your body. Most of the radioiodine leaves your body in your urine, so good toilet hygiene and careful and thorough washing of your hands will reduce the possibility of contamination. Since radioiodine may also leave your body in your sweat, consider skipping your workout in the gym for a day or two.

Important guidelines to help you apply these basic principles

Your doctor can best recommend which guidelines are important for you and how long you should follow them. Do not hesitate to ask your doctor for more information.

- Sleep alone for the first few days after your treatment. During this period, avoid kissing or sexual intercourse. You should also avoid prolonged physical contact. It is particularly important in regards to contact with children and pregnant women because the thyroid glands of children and the unborn are more sensitive to the effects of radiation than those of adults.
- If you are pregnant, or think you could be, tell your doctor because radioiodine treatment should not be given during pregnancy. Also, if you are planning to become pregnant, consult with your doctor who can advise you on how long you should wait after treatment.
- If you have a baby, or you are taking care of one, be sure to get specific instructions from your doctor. You can probably do all the things necessary to care for your baby, except breastfeeding. It is preferable not to keep the baby too close to your body, such as sitting in your lap, for more than a short time during the first two days after your treatment.
- If you have been breast feeding your baby, you must stop. Radioiodine passes into the breast milk and may cause unwanted effects in the nursing baby, such as an underactive thyroid. Discuss with your doctor when you can resume breast feeding.

- Wash your hands thoroughly with soap and plenty of water each time you go to the toilet.
- Keep the toilet especially clean. Be sure to flush it 2 or 3 times after each use.
- Rinse the bathroom sink and tub thoroughly after you use them. Clean bathroom habits will reduce the chances of others becoming contaminated by the radioiodine in your saliva and sweat.
- 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 of radioiodine remaining in your body.
- Use disposable eating utensils for the first few days after treatment, or wash your utensils separately. This will reduce the chance of contaminating other family members with the radioiodine in your saliva.
- Use separate towels and washcloths. Launder your bath towels, bed linens, and underclothing separately.

IMPORTANT – Please note that you will only need to carry out these guidelines for the first few days following your treatment. Your doctor will give you specific details as to how long you should follow these precautions.



Nuclear Pharmacy Services

For more information,
please contact your physician.

Nuclear Pharmacy Services

Guidelines for patients receiving radioiodine treatment

cardinalhealth.com/nps

© 2012 Cardinal Health. All rights reserved. CARDINAL HEALTH, the Cardinal Health LOGO and ESSENTIAL TO CARE are trademarks or registered trademarks of Cardinal Health. All other marks are the property of their respective owners. Lit. No. 7CAR10173 (10/2012)

Courtesy of:
Cardinal Health
Nuclear Pharmacy Services
7000 Cardinal Place
Dublin, Ohio 43017



