THE UNIVERSITY OF KANSAS HOSPITAL KUMED 3901 Rainbow Boulevard Kansas City, Kansas 66160	PATIENT LABEL

OUTPATIENT RELEASE FOR ^{131}I TREATMENT OF HYPERTHYROIDSM PATIENT INSTRUCTIONS

Immediately following the treatment:

- You should not have anything to eat or to drink for two hours after your treatment and the first meal after your treatment should be a low carbohydrate meal (e.g. avoid potatoes, bread, rice)
- If you have any questions after your treatment, you may contact the Radiation Safety Office at (913) 588-6126 or the Division of Nuclear Medicine at (913) 588-6839
- If you are currently breastfeeding, you must discontinue immediately after the treatment.

Please follow these instructions for: □ **2 days** (7-33mCi) □ **3 days** (33-56mCi) □_____ (Per Physician)

- Limit time spent in public places and maintain a prudent distance from others (greater than three feet for the first three days then two feet for the next two days).
- Do not travel by mass transportation or airplane and do not travel on prolonged automobile trips with others.
- Keep the toilet and bathroom sink especially clean. Men should sit down to urinate. Flush the toilet two or three times after each use. Wash your hands thoroughly with soap and plenty of water after you use the toilet. Use separate towels and washcloths. Launder your bath towels, bed linens, and underclothing separately from other items.
- Use regular utensils and plates and wash them separately.
- Avoid mouth-to-mouth contact with others and do not share items that contact your nose, mouth, or saliva. Used facial tissue should be flushed down the toilet.
- Delay returning to work, if the workplace or office is shared.
- Drink plenty of fluids (eight cups in 24 hours).

Please follow these instructions for: □ **2 days** (7-24mCi) □ **4 days** (24-40mCi) □ **6 days** (40-56mCi) □_____ (Per Physician)

- Sleep alone after the treatment.
- Avoid close contact with children and pregnant women. If you have a baby, or are taking care of one, you will need to make arrangements for a caregiver to take care of them during this time. If you are planning to become pregnant, ask your doctor how long you should wait after your treatment.

Patient Signature: _____ Date: _____

References: Guidelines for Patients Receiving Radioiodine Treatment. Society of Nuclear Medicine Pamphlet, 1997.

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