

**OREGON MEDICAL GROUP COUNTRY CLUB ROAD MEDICAL IMAGING
RADIATION SAFETY INSTRUCTIONS FOR PATIENTS RECEIVING 131-IODINE THERAPY**

You have been given a radioactive drug, Iodine-131, for treatment of hyperthyroidism.

Over the next week, your body will also excrete small amounts of radioactive Iodine-131 primarily in your urine and saliva. This radioactivity, as well as the Iodine-131 in your body can expose those around you to small amounts of radiation, and unnecessarily increase your own radiation exposure, if certain precautions are not taken.

The following safety precautions should be followed in order to limit radiation exposure to you and those people with whom you may live or work. The risks associated with possible radiation exposure from Iodine-131 therapy are very small if the following instructions are followed.

Avoid close personal contact with others:

- For the next 24 hours limit time spent in public places (this may include work) and avoid long trips (longer than 4 hours) in the car or in other forms of transportation where contact with others is unavoidable
- For the next 5 days keep your distance from others (3-6 feet) and limit your time spent close to others to less than ½ an hour
- For the next 7 days sleep in a separate bed and room
- For the next 7 days avoid contact with children and pregnant individuals
- For the next 7 days no kissing or sexual intercourse
- For the next 7 days avoid preparing food for others (use gloves if this is necessary), do not share food, drink or eating utensils with others, use separate or disposable eating utensils and wash them separately
- For the next 7 days use separate towels and bed linens and launder them separately from others

Practice good personal hygiene for the next 7 days:

- Wash your hands frequently
- Cover your mouth when you cough or sneeze and dispose of all tissues in the toilet and not the trash
- Shower or bathe daily and wash sink or tub after use
- Sit while urinating and flush the toilet twice with the lid down after each use. If possible, use a separate bathroom
- Use a new toothbrush one week after your treatment
- If you are incontinent and use a pad, they must be placed in a plastic garbage bag and disposed of after 2 weeks

Other instructions:

- For the next 7 days drink plenty of liquids (at least 64 oz or 2 quarts/day)
- **BREAST FEEDING IS ABSOLUTELY PROHIBITED** – radioactive Iodine-131 can be passed to your child in breast milk
- **MEASURES MUST BE TAKEN TO AVOID PREGNANCY FOR THE NEXT 6 MONTHS**
- If hospitalized within 7 days, call 541.341.0080.

I understand these instructions, and will follow these precautions. A copy has been provided to me.

Patient

Date