

## PRECAUTIONS FOR PATIENTS RECEIVING RADIOACTIVE IODINE

PATIENT \_\_\_\_\_

DATE \_\_\_\_\_

1. The patient will maintain a prudent distance from others for at least the first week (especially pregnant women and children).
2. The patient will sleep alone in a room for at least one week.
3. The patient will not travel by airplane or mass transportation for at least one week.
4. The patient will not travel on a prolonged automobile trip with others for at least one week.
5. The patient will have sole use of a bathroom for at least one week.
6. The patient will drink plenty of fluids for at least the first 2 days and urinate frequently. (Male patients should sit down.)
7. The patient will not eat (solids) 2 hours prior to and 2 hours following the administration of his/her Iodine-131. (Clear liquids are ok; water, tea, soft drinks, fruit juice)
8. The patient will chew gum or suck on hard candy to encourage the flow of saliva for at least the first week. This should be done every 1 ½ to 2 hours when awake (as soon as patient wakes up) and at bedtime. It is not necessary to wake up in the middle of the night.
9. The patient will use disposable cups, plates, spoons, forks, etc. for the first week..
10. The patient will avoid intimate relations, deep kissing or the exchange of body fluids for the first 2 weeks.
11. **FEMALE PATIENTS SHOULD NOT BECOME PREGNANT FOR 6 MONTHS.**
12. The patient will flush the toilet twice.
13. The patient will shower daily.
14. The patient will wash all clothing and bedding separately from their family members the first week and then may wash together.
15. These are general instructions. Please discuss specific instructions with your physician.