

## Radioiodine Treatment Information

You are being admitted to University Hospital to receive treatment with radioiodine.

When you are admitted you will have a room specially prepared to support you during radioiodine treatment.

### How is radioiodine eliminated from your body?

Most radioiodine is eliminated through the urine. Wash your hands thoroughly. Flush the toilet 2 times after using it. Men should sit on the toilet to urinate to avoid splashing and bathroom contamination.

You need to drink extra fluids. Drinking extra fluids will assist your body in the elimination of the radioiodine.

Some radioiodine is eliminated through saliva. Use hard candies and gum between meals to keep the saliva flowing. This will help flush radioactivity out from the salivary glands. Do not use sour candies such as lemon drops.

Some radioiodine is eliminated through sweat. Your skin could leave some radiation on surfaces you touch. That is why you will find articles and the floor of your room have been covered in paper and plastic. Walk on the paper in the room.

You should shower each day for your comfort and to reduce the amount of radioiodine on the skin.

### Preparing for discharge

The amount of radioiodine will be measured to determine the level remaining in your body. You will be discharged when the level is low enough making it safe for others to be in contact with you.

### Instructions for When You Go Home/Follow these instructions for the first few days at home (approximately 3 days).

1. Go straight home
2. Sleep alone
3. Use a separate bath if possible. Flush the toilet twice after using. If it is not possible to use a separate bath, clean with detergent after use.
4. Avoid prolonged contact with other people. Do not hug, kiss, or have sexual intercourse with your partner.
5. Avoid being in the room with pregnant women or children under the age of 18 years.
6. If you are preparing food, wear plastic gloves.
7. Do not share food.
8. Use paper plates and plastic utensils and cups.
9. Wash your laundry separately. Follow washings with an extra rinse.

### Additional

Instructions: \_\_\_\_\_

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