

Radiation Safety Discharge Instructions

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. Also avoid prolonged physical contact, particularly with children and pregnant women; the thyroid glands of children and the fetuses are more sensitive to the effects of radioiodine than those of adults.
- If you have a baby or are taking care of one, your doctor can best instruct you on the following guidelines. You probably can do all the things necessary to care for your baby. However, it is preferable not to have the baby too close, such as sitting on your lap, for more than a short time during the first two days after treatment.
- If you have been breastfeeding your baby, you must stop because radioiodine is secreted in breast milk. Discuss with your doctor when you can resume breast-feeding.
- 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, ask your doctor how long you should wait after treatment.
- Wash your hands with soap and plenty of water each time after you go to the toilet.
- Keep the toilet especially clean. Flush it two or three times after each use.
- Rinse the bathroom sink and tub thoroughly after you use them. Clean bathroom practices will reduce the chances of others becoming contaminated from 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 in your body.
- Use separate (or disposable) eating utensils for the first few days and wash them 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: These guidelines are to be followed for the first few days after your treatment. Your doctor can recommend which guidelines you should follow and will give you specific details as to how long you should follow these precautions.