Patients who have been diagnosed with thyroid cancer may be treated with radioiodine, a radioactive form of iodine. Radioiodine is a common, well-accepted form of treatment that has been used all over the world for more than 50 years. The radiation from the radioiodine is absorbed by thyroid cells with the purpose of destroying any remaining thyroid tissue in your body.

Patients with cancer of the thyroid gland may receive radioactive iodine to destroy any thyroid tissue remaining after surgery. It can also be used to destroy thyroid cancer cells elsewhere in the body.

You and your doctor have agreed that radioiodine will be used to treat your thyroid cancer. You will need to follow special instructions when you go home after your treatment.

How Radioiodine Works
Thyroid cells normally take the iodine that enters the body in food and use it to make thyroid hormone. When the thyroid cells take up the radioactive iodine, it causes the thyroid and cancer cells to stop growing. This is the desired effect.

How Radiation Passes from You to Others
- Exposure to radiation from the radioiodine in your body occurs if other people stay very close to you for long amounts of time.
- The radioiodine leaves your body through your sweat, urine, semen, breast milk, vaginal fluids, tears, nasal secretions, stools, vomit, blood and other body fluids. If any of these body fluids get on your hands, you can pass the radiation on to other objects and people.
- The amount of radiation your body gives off gradually decreases as time passes.

Radioiodine treatment cannot be given if you:
- Are pregnant
- Plan to become pregnant – You must wait 6 months after your treatment.
- Are breast-feeding – Because radioactive iodine passes through in breast milk, you must stop breastfeeding for 6 weeks before the treatment and you cannot continue to breast-feed after the treatment.

Patient Release Card
Patients are issued a “Patient Exposure Report,” which states that the patient has been given radioactive material. This report should be kept with the patient at all times until the expiration date ("suggested time of detection") that is on the report.
Reducing Radiation Exposure to Others

It is important to decrease exposure to those around you as much as possible. There are 3 simple steps you can follow to reduce radiation exposure:

- **Time**
  Limit the time spent with others and this will reduce the radiation dose.

- **Distance**
  The greater the distance you are from others, the less radiation they will receive.

- **Hygiene**
  Good hygiene is important since most of the radiiodine leaves your body in your urine. Frequent and thorough washing of your hands will reduce the chance of exposing others. Showering daily will also wash away the radioactive material that was passed through your sweat glands.

Important Ways to Prevent Exposure to Others

**Eating**

- Drink plenty of liquids. This helps the radiiodine leave your body faster.
- Wash your hands well with soap and water before preparing any food.
- Do not cook for others unless you wear rubber gloves.
- Use separate eating utensils and wash them thoroughly.
- Do not share food such as drinks, ice cream, etc.
- Dishes may be washed with others in a dishwasher.

**Using the Bathroom**

- Use a separate bathroom if possible.
- Avoid public restrooms.
- Flush the toilet twice after each use.
- Men – must sit when urinating to prevent splatter that will contaminate the area.
- Wash your hands well with soap and water after you use the toilet.

**Hygiene**

- Bathe or shower daily.
- Keep your towels and wash cloths for your use only.
- Flush tissues that have been used to blow your nose or that contain other body fluids (saliva) down the toilet.
- Do not share toothbrushes, razors, or other personal items.
- Throw away your toothbrush at the end of treatment.
- Thoroughly clean the toilet and bathroom sink. Wear rubber gloves.
Activity Restriction Schedule

The Nuclear Medicine Technologist will review the number of days that you must follow for each activity in the table below with you during a conference call. You will receive a copy with the days listed on the table on the day of your treatment.

<table>
<thead>
<tr>
<th>Number of Days</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Return to work.</td>
<td></td>
</tr>
<tr>
<td><strong>Do not</strong> go to a hotel.</td>
<td></td>
</tr>
<tr>
<td>Sleep alone.</td>
<td></td>
</tr>
<tr>
<td><strong>Do not</strong> sleep with pregnant women.</td>
<td></td>
</tr>
<tr>
<td><strong>Do not</strong> sleep with children.</td>
<td></td>
</tr>
<tr>
<td><strong>Do not</strong> kiss or have sexual intercourse.</td>
<td></td>
</tr>
<tr>
<td>Avoid public places such as church, sporting events and movie theaters.</td>
<td></td>
</tr>
<tr>
<td>Avoid public places such as grocery stores, malls, and restaurants.</td>
<td></td>
</tr>
<tr>
<td>Avoid public transportation such as buses, taxis, airplanes and carpools.</td>
<td></td>
</tr>
<tr>
<td>Stay 6 feet or more away from pregnant women and children.</td>
<td></td>
</tr>
<tr>
<td>Avoid holding children for more than 10 minutes per day.</td>
<td></td>
</tr>
<tr>
<td>Wash clothes separately.</td>
<td></td>
</tr>
</tbody>
</table>

**1 Day equals 24 hours**

Appointments and Important Instructions

- **Conference Call**
  Your first appointment will be a conference call with the Nuclear Medicine Technologist. The technologist will review the treatment plan ordered by your physician and these instructions to ensure you understand the required restrictions. They will begin the process to schedule your appointment for treatment.

- **Treatment Appointment**
  You will return home after your treatment. You must follow the instructions. The instructions are to protect people around you from radiation exposure.

I have read and understand the special instructions and restrictions which will be in effect following my radiiodine treatment. I have had the opportunity to ask questions during my conference call. I understand the importance of following these instructions. This will be reviewed during my treatment appointment.

☐ Mount Carmel West
  Contact phone # 614-234-2505

☐ Mount Carmel St. Ann’s
  Contact phone # 614-898-4409

Questions to discuss during conference call

____________________________________________________________________
____________________________________________________________________
____________________________________________________________________

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