



# Asheville Endocrinology Consultants

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## **Post-treatment instructions for patients receiving less than 30 mCi Iodine-131**

- The patient should drink as much fluid as possible during the first 48 hours following the intake of Iodine-131.
- Disposable utensils (cups, forks, plates, etc.) should be used for the first 48 hours after treatment.
- Most of the radioactive iodine will leave your body through your urine, but some will pass through sweat and saliva. Use a separate bathroom if at all possible, flush the toilet two to three times after every use, and wash your clothes, towels and bedsheets separately from the rest of your household.
- Small children and pregnant women should remain at distances of five feet or more for the first week, except for brief periods of closer contact (kissing, hugging, shaking hands, etc.) All others should stay at a distance of three feet or more for the first week, except for brief periods. All restrictions are removed after the first week.
- Women desiring to become pregnant should postpone this for at least ten weeks following the dose of Iodine-131.
- If you need any of the following procedures, it is recommended that you do not schedule them for at least one week following the administration of Iodine-131:
  - Dental Work
  - Surgery
  - Dialysis
  - Endoscopy
  - Blood Tests

**If you are admitted to any hospital within the first week after treatment with Radioactive Iodine-131, please notify the Admitting or Nursing Staff that you have had Iodine-131. The staff of the hospital should contact the Nuclear Medicine Department at Mission Hospital at the following numbers:**

- 7 AM to 5 PM	213-1381
- 5 PM to 7 AM	213-1302