



Division of Nuclear Medicine

**INSTRUCTIONS FOR PATIENTS HAVING RADIOACTIVE IODINE
WB DIAGNOSTIC SCAN: 2 to 4 mCi I-131**

1. No big meal for 2 hours after swallowing the radioiodine; you can drink fluids any time.
2. Drink plenty (lots) of fluids (any kind) for at least the first 2 days.
3. Chew gum, suck on sour candy, and eat frequent small snacks to keep saliva flowing for 2 - 7 days.
4. Empty your bladder frequently
5. Flush the toilet 2 times after each time you use it for 48 hours.
6. Maintain a prudent distance from other adults and children for at least the first 2 days.
7. Because children are more sensitive to radiation, limit close contact to that required for the child's care for at least 2 days.
8. Sleep alone in bed for at least 1 night.
9. Do not travel by airplane or mass transportation for at least the first 2 days.
10. Do not travel on a prolonged automobile trip with others for at least the first 2 days.
11. If you have not had a bowel movement within 2 days after taking radioactive iodine, take a laxative.

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| Patient Signature | Date |
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| Physician Signature | Date |
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INTERPRETER ATTESTATION (when applicable)

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Iniciales del nombre del paciente
(patient initials)