



0400002

PLACE LABEL HERE.

IF LABEL NOT AVAILABLE, WRITE IN PT NAME &amp; MR#

## RADIATION SAFETY INSTRUCTIONS FOR PATIENTS RELEASED CONTAINING GREATER THAN 6.9 mCi OF Na<sup>131</sup>IODINE

Administered <sup>131</sup>Iodine: \_\_\_\_\_ millicuries      Date of Administration: \_\_\_\_\_

### For you to leave the hospital, you must agree to follow these precautionary measures.

Failure to follow these instructions may cause family members or others, especially young children, to receive significant radiation doses to their thyroid glands and potentially raise the risk of subsequent radiation-induced thyroid cancer later in life.

#### **Measures to decrease the time that the <sup>131</sup>Iodine stays in your body**

- Do not eat a large meal for 2 hours after swallowing the <sup>131</sup>Iodine so that the medicine is absorbed quickly.
- You should start drinking liquids (any type) right after swallowing the <sup>131</sup>Iodine. Drink every hour.
- Drink no less than eight 8-ounce glasses of liquid each day for at least two days. This will flush the radioactivity out of your body more quickly.
- Chew gum, eat snacks, or suck on hard or sour candy frequently for at least 2-7 days. This will flush the radioactivity out of your salivary glands more quickly.
- Empty your bladder frequently (every hour while awake for at least two days). Sit while urinating.
- If you have not had a bowel movement in 2 days after your <sup>131</sup>Iodine therapy, take a laxative which will help to clear radioactivity from your bowels.

#### **Measures to reduce the spread of <sup>131</sup>Iodine to others**

<sup>131</sup>Iodine may be spread to others through your body fluids, which are mainly urine, stool, and to a lesser extent, perspiration, saliva, nasal secretions, blood and breast milk.

- It is preferred that you do not share a bathroom for at least two days. If not, wipe the seat of the toilet with tissue after each use, and discard into toilet. After each use, flush the toilet twice with the lid down.
- Wash your hands frequently, including after each toilet use for at least two days.
- Shower/bathe daily for at least two days, and after getting sweaty.
- If urine is spilled within the first two days of treatment, wipe urine up with paper tissues and dispose of them in toilet. Wear disposable waterproof gloves during the clean-up. Wash hands thoroughly after removing the gloves.
- Menstruation fluids will contain <sup>131</sup>Iodine for at least two days. Women should use tampons that can be flushed down the toilet.
- Use separate towels, washcloths and bed linens. Launder them on the third day and before sharing them with others.
- Wear clothing that can be washed (not dry cleaned) for 2 days.
- Do not share eating utensils, dishes, glasses, straws, or toothbrush for 2 days.
- If you sneeze, cough, or spit, use a tissue and discard it by flushing it down the toilet.
- In the rare case that you vomit **within two days** of swallowing the <sup>131</sup>Iodine, try to vomit into the toilet or sink. If not, wear disposable waterproof gloves during the clean-up and use paper tissues to soak up the material, then flush it down the toilet. Try not to spread the vomited material around. Wash hands thoroughly after removing the gloves.

**COPY 1 - MEDICAL RECORDS    COPY 2 - PATIENT COPY    COPY 3 - COPY FOR 131 NOTEBOOK IN NUCLEAR MEDICINE**



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- If you vomit within two hours, inform the Nuclear Medicine doctor as soon as possible.

**Pregnancy and Breast Feeding Issues**

- If breast feeding, stop breast feeding completely for that child.
- For 6 months avoid becoming pregnant or getting a female partner pregnant.

**Measures to reduce the exposure of others to radiation emitted from the <sup>131</sup>Iodine in your body**

- Limit close contact with other people for at least 2 days.
- Maintain a prudent distance from others (approximately 6 feet or more) for at least 2 days.
- For at least 2 days, do not take a long trip (4 hours or more) sitting near others, and when taking shorter trips, sit as far as possible from others.
- Minimize time in public places (example: shopping, restaurants, church) for at least two days.
- Do not share a bed with any adult for at least 2 days.
- If your sleeping partner is pregnant do not sleep with her for \_\_\_\_\_ days.
- Do not nap or sleep with children for more than 30 minutes per day for \_\_\_\_\_ days.
- Do not hold an infant or child for more than 30 minutes per day for \_\_\_\_\_ days.
- If you have young children, you may find it easier to maintain separation from them by staying in a different place than your children for at least 2 days.
- Avoid infants, young children and pregnant women for at least \_\_\_\_\_ days.

**Show these instructions to any physician or other health care provider visited within two days of treatment.**

Additional Instructions:

\_\_\_\_\_

**If you have plans to use commercial transportation (plane, train, boat), enter a federal building, or cross an international border, a radiation detector may identify the <sup>131</sup>Iodine in your body. You may need to present this document, so keep it with you.**

I have reviewed the instructions with the patient and/or family or caregiver. The patient or caregiver was able to verbalize understanding of the instructions. A copy of these written instructions was given to the patient and/or caregiver.

Signature: \_\_\_\_\_ Name/PIC# \_\_\_\_\_ Date/Time: \_\_\_\_\_

Release instructions have been explained to me and/or my family or caregiver. I have received a copy of the instructions and I understand them.  
Name: \_\_\_\_\_ Date: \_\_\_\_\_  
Circle one: Patient/Family/Caregiver Signature

**Important Telephone Numbers**  
**During normal business hours (8:00 am-5:00 pm call Nuclear Medicine at 434-924-9358. After hours urgent calls can be made to 434-924-0000 or 1-800-251-3607 and ask to speak to the Nuclear Medicine doctor on call. If you have an Emergency, call 911.**