

DEPARTMENT OF NUCLEAR MEDICINE & PET

INSTRUCTIONS TO PATIENTS RECEIVING RADIO-IODINE MIBG THERAPY

You have received radio-iodine treatment for your health condition. It is a safe treatment, but because radio-iodine is a radio-active substance, there are simple safety precautions you must follow to avoid unnecessary radiation exposure to people around you.

The most important rules you should follow during this restriction period are

1. When you are with people, keep your distance from them as far as practicable (maintain distance at least 2m);
2. Keep the time you are in close contact with people as short as practicable (less than 15min).
3. Avoid public entertainment, places of worship or group gatherings.
4. Avoid sitting, playing or sleeping with young children for prolonged periods.

Following table (1) can be used as a guide for the restriction period.

Table 1: Periods of restriction for patients receiving radio-iodine (I^{131}) for MIBG therapy

Recommended restriction period to minimise close contact after discharge (<i>minimise close contact means avoid spending more than 15min/day within one meter distance</i>)		
Child 0-5 yrs or pregnant woman	Person over 5 years	Carer or partner (special cases)
5 days	3 days	1 day

- *It is recommended that a family member look after the children under 3 years of age for at least the first day of the restriction period.*
- *Patient should sleep alone during the restriction period*

Thyroid cancer patients may return to work the day after being discharged from hospital as long as they do not interact closely with children and pregnant women. We recommend that you delay returning to work for at least 5 days if you interact with pregnant women.

Avoiding pregnancy: If you are planning for pregnancy, it is recommended that you postpone the conception for a period of 6 months/always discuss with physician. Male patients should take precautions to avoid conception of a baby for 4 months after I-131 MIBG treatment

Travel Recommendations:

- Avoid travelling in public transport for more than 1.5 hours
- For air-travel in near future: Consult the nuclear medicine department for further advice

Radio-iodine is removed from the body by the kidneys and by the bowel. It is also present in saliva, nasal secretions, tears and in breast milk. Here are simple measures to follow for a one week period.

1. Drink 2 litres (6 to 8 large glasses) of water each day.
2. After passing urine, flush the toilet 3 or 4 times.
3. Open your bowels every day / flush the toilet 3 or 4 times.
4. Use disposable tissues when you wipe your mouth, wipe your nose, or wipe your eyes and throw the tissues into the toilet and flush 3 or 4 times.
5. Use separate and preferably disposable eating utensils/crockery
6. Wash your clothes separately

If you have any questions, you may telephone the Department on 9828-3515.