RADIOIODINE THERAPY.

WHAT IS RADIOIODINE THERAPY AND WHY AM I HAVING IT?
Radioiodine therapy is a special type of radiation therapy to treat overactive thyroid glands and overactive thyroid nodules.

HOW IS RADIOIODINE THERAPY DONE?
Radioiodine may be prescribed to treat an overactive thyroid gland or overactive thyroid nodules. To receive this treatment, you simply swallow a capsule, and then go home!

ARE THERE ANY SIDE EFFECTS?
Side effects are very rare, but may occur with radioiodine therapy. These side effects can be reduced by drinking lots of fluid and sucking lollies for up to 1 week after your radioiodine dose.

Please notify a staff member prior to receiving radioiodine therapy if you have an allergy to iodine.

HOW DO I PREPARE FOR MY RADIOIODINE THERAPY?
A Nuclear Medicine Doctor will speak to you (consultation) before performing this procedure. During this consultation, the Doctor will explain how and why the radioiodine therapy will be performed, as there are special preparations needed for this procedure, such as stopping thyroid medications, and having blood tests taken. All instructions will be explained and written down for you during the consultation. As long as you follow these instructions, there will be no difficulty with this procedure.

SHOULD I TAKE MY NORMAL MEDICATIONS?
Foods and medications containing iodine need to be stopped for at least 4 weeks, and no CT scans with iodine contrast should be performed 8 weeks prior to radioiodine therapy.

CAN I EAT AND DRINK ON THE DAY OF MY RADIOIODINE THERAPY?
Yes. There is no need to fast for any part of the Radioiodine Therapy.

WHAT SHOULD I BRING FOR MY RADIOIODINE THERAPY?
Please bring your referral letter, Medicare Card, and your past Iodine or Thyroid Scans, X-rays, CT scans, MRI Scans, and Ultrasounds.

WHAT IF I AM PREGNANT OR BREAST-FEEDING?
Radioiodine therapy is not administered to pregnant or breast-feeding women. If you are pregnant, think you might be or are unsure, please notify the staff prior to the start of the procedure.

SPECIAL INSTRUCTIONS UPON LEAVING OUR DEPARTMENT:
For 2 weeks following Radioiodine Therapy, you should:
- Avoid being close to other people for long periods of time, especially babies, young children and pregnant women.
- Avoid taking unnecessary journeys by public transport.
- Do not visit places of entertainment or other places where you would be close to others.
- Sleep alone.
- Drink at least 2 litres of fluid daily. Flush the toilet 3 to 4 times after each use and wash your hands thoroughly.
- Use disposable eating utensils for meals, and dispose of these after each use. (If necessary, wash utensils and cutlery separately).
- Use tissues instead of a handkerchief. Dispose of tissues into the toilet and flush 3 times.
- Wash your clothes separately.
A detailed instruction sheet will be given to you.
CAN I TAKE THE RESULTS WITH ME?
Usually a scan is not performed following radioiodine therapy for thyroid overactivity; however a scan may be performed with smaller doses of radioiodine in other circumstances. You will be notified if you need a scan.

Before you leave the Department, a Doctor will check the scan and you will be asked to wait while this occurs. Normally the results are prepared after you have left the Department and are posted to your Doctor within 24 hours (they should arrive within a few days). If the results are required for an appointment before this time, please notify staff and a result may be able to be given to you 1 hour after the test is done.

WHERE DO I GO FOR MY RADIOIODINE THERAPY?
Department of Nuclear Medicine & PET, Liverpool Hospital.
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