

I-131 THERAPY FOR PRIMARY HYPERTHYROIDISM

PATIENT PREPARATION:

Patients must be off iodine-containing drugs, including radiographic contrast! The minimum time interval between prior iodine administration and scanning varies from one week (e.g. iodine solution) to 4 weeks (Synthroid) to 2-10 years (oil-based Myelogram). If the patient has had an IVP or a CT with IV contrast, a thyroid scan should not be attempted for 4-6 weeks. Many other medications interfere with scanning (PCN, antihistamines, Amiodarone, etc.). Make sure that all medications that the patient is taking are listed on the requisition.

Patient must not have any food or drink for 4 hours prior and one hour after their therapy drink.

PROCEDURE

Patient will usually have a thyroid uptake and scan study prior to therapy to determine size, shape and function of their thyroid gland. The strength of the treatment drink is based on these factors.

The patient will be required to drink a small amount of radioactive iodine. The drink is tasteless and has no side effects. Following iodine therapies, patients are given specific instructions with respect to precautions which include, but are not limited to decreasing close contact with children under 3 years of age, not sharing utensils, and flushing the toilet twice after urination. Generally, proximity limitations would be similar to those of a person with a cold or flu. Women who are breastfeeding must discontinue breastfeeding completely following a radioiodine treatment. Women who are planning a pregnancy should consult with their physician.

****Pregnancy should be postponed by approximately 1 year after treatment****