



*Better
Together*

Patient information

Radioactive Iodine Treatment for Hyperthyroidism

Imaging Directorate

You should have received a previous information leaflet from your referring doctor (PIF 1506 Radioactive Iodine Treatment for Hyperthyroidism – your questions answered).

All of the basic information you need to know about your treatment is included in that leaflet. If you did not receive it please Tel: 0151 706 4463 to receive a copy. Make sure you have read and understood the information.

Precautions to be taken after treatment

On the day before you undergo treatment your Nuclear Medicine Consultant will advise you about the precautions you will need to take after your treatment. **How long these precautions will apply for will depend on the amount of radioiodine you receive.** Different precautions may apply for different lengths of time, but some may be for up to two to four weeks.

For the time advised you may have to:

- limit your contact with children, and pregnant women
- **if you have your own children or have a job where you have contact with children, it is important to talk to your Nuclear Medicine Consultant on your first appointment day**
- stay more than an arm's length away from other people
- sleep alone
- take time off work if your job brings you into close contact with other people
- postpone hairdressing and routine dental appointments.

You will be given a yellow instruction card with the details of your treatment and the precautions you will have to follow. You should carry this with you as a reminder of the precautions and also proof of radioiodine therapy on that day.

Travelling

You should also carry the card with you if you are travelling through train stations, airports and seaports. These areas may have very sensitive radiation detectors in place that can detect extremely small quantities of radiation. It is just possible, until the radioactivity from this test has completely left your body, you may trigger one of these detectors. In the unlikely event this occurs, there is no reason to be concerned.

Customs officials who operate these types of detectors are experienced in understanding what the detector has picked up, and after asking you a few simple questions and conducting a brief non-intrusive examination with a hand held detector, will let you pass on your way as soon as possible.

Different countries have different procedures and some may wish to see your appointment letter as part of this process. If you are planning to travel in the next four months it is recommended that you carry this letter with you.

How many radioiodine treatments will I need?

Most people need only one treatment to stop them from being thyrotoxic. Occasionally, further treatment is necessary. The blood tests after your first treatment will show whether further treatment is needed

Any further questions?

Please discuss any questions you have regarding your treatment with your Nuclear Medicine Consultant.

Further Information

Nuclear Medicine Department

Tel: 0151 706 4464

National Societies and Support Groups:

British Thyroid Association (british-thyroid-association.org);

British Nuclear Medicine Society- www.bnms.org.uk

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All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

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در صورت تمایل می‌توانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

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