



## Instructions / Precautions for Patients BEFORE Treatment with Radioactive Iodine (I-131).

**What is Iodine-131?** Iodine-131 is a radioactive medicine used to treat selected thyroid diseases. It is NOT an injection, it can be taken orally, it tastes salty.

Before treatment patient need pre-assessment by the Nuclear Medicine Physician. Please book an appointment with nuclear physician

Few medicines have to be stopped before treatment of I-131 therapy (Thyroxin, Neomercazole, Propylthiouracil, etc), please ask from the physician.

### Two weeks before the treatment of I-131, STOP following eatables.

Iodised salt, Packed Salted Foods, Sea Foods, All types of fish, Meat items from Bakery, Dairy products (for example butter, cheese, ice cream etc), Pizza, Green Salad, Palak, Chocolate, Soya Sauce, Egg (Maximum 3 per week), Milk (Limited quantity).

## Instructions/Precautions for Out-Patients AFTER Treatment with Radioactive Iodine (I-131).

Precaution	Duration
After receiving the medicine, Do Not speak without need & don't spit.	02 hours
Sit as far away as you can from person driving you home from hospital.	-
Take sour candies/toffees after treatment, and swallow the fluid gathered in your mouth.	02 days
Drink plenty of fluids, don't hold urine & wash your hands with soap thoroughly each time with plenty of water.	02 days
Reserve a wash room in your home for yourself (patient) use only. Have at least one daily shower.	03 days
Flush the toilet 3 times after each use, Keep the toilet and floor clean.	03 days
Stay at home in your own room and minimize contact with others	07 days
Don't use public transport. Avoid air travel & don't travel with someone in close contact in personal vehicle.	07 days
You can stay for less than 45 mins per day at a distance of 1 meter from other people.	07 days
You can stay for less than 2 hours per day at a distance of 2 meter from other people.	07 days
You can stay for less than 7 hours per day at a distance of 3 meter from other people.	07 days
You can spend as much time as you like at a distance of 4 meters from other people.	-
Used utensils, clothes, towels of patients should be washed separately at the end.	07 days
Don't chew gum.	07 days
Sleep alone (Do Not share the bed)	07-14 days
Avoid being close to children and pregnant women.	15-27 days
Women <b>MUST</b> avoid pregnancy.	06 months

**Nuclear Medicine Department  
F-1 Floor  
Shifa International Hospitals Ltd. Islamabad**