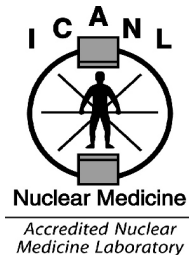
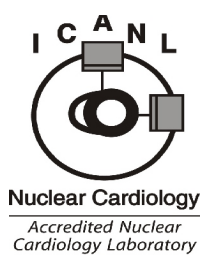
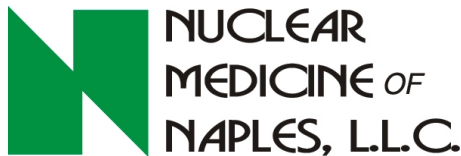


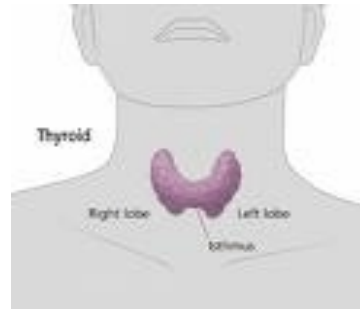
# 131- IODINE RADIO-ABLATION THERAPY

- ◆ What Is it and how should I prepare for it?
- ◆ What Can I Expect?
- ◆ Answers to Common Questions.



## W hat Is 131-Iodine Radio-ablation Therapy?

Radio-ablation of the thyroid is a form of radiation therapy that uses a radioisotope form of Iodine to destroy overactive thyroid tissue cells. You have been diagnosed with a condition called **Hyperthyroidism**. This means your thyroid gland or a nodule within the gland is producing excess thyroid hormones, also known as Grave's disease or toxic nodular goiter.



Your symptoms may include nervousness, weight loss or gain, "hot" flashes, heart palpitations, difficulty sleeping, "jittery" feeling, tremors, eye bulging, or fatigue.

Furthermore, your doctor has recommended that your thyroid condition be treated with 131-Iodine Radio-ablation therapy. This therapy is given in capsule pill form and will be used to either control or to totally ablate your thyroid gland. The Radioiodine works by accumulating within the thyroid gland cells, bombarding these cells with beta radiation with the intent to slow or completely inhibit the production of the thyroid hormones T3 and T4.

## A nswers to Common Questions.

### Is it Safe?

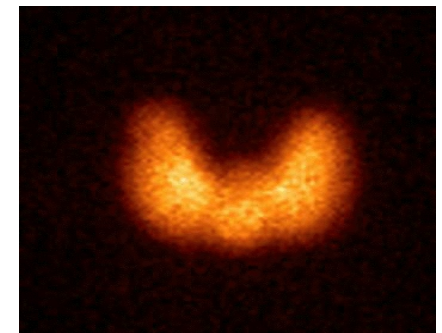
The Food and Drug Administration considers this therapy as a safe and effective method for treating patients with hyperthyroidism, and has been in existence since the 1950s.

### What are the side effects?

There are usually no side effects, but you could possibly experience temporary mild hyperthyroidism or a very mild sore throat several days after the therapy is given. Your physician may restart some thyroid medications following therapy to help control any hyperthyroid symptoms.

### What else should I know?

Generally, the amount of I-131 radioiodine prescribed is low. In order to avoid unnecessary exposure to the general public, we recommend maintaining at least a 5 feet distance from other people. Further details will be provided by the Health Care Professional administering your therapy.



This patient brochure has been provided by Nuclear Medicine of Naples

**B**elow are basic guidelines to follow.

1. Drink plenty of fluids for 48 hours immediately after you have received the 131- Radioiodine pill.
2. Maximize your distance from other individuals, unless it is deemed essential.  
This means we recommend maintaining a 5 foot distance from others to avoid their unnecessary exposure to radiation.  
Imagine a 5 foot bubble around your body with all other individuals on the outside of this bubble.  
Note: You are most radioactive for the first 48 hours. After this, the amount of radiation that leaves your body will be 50% in the next 8 days, and 50% of that in the next 8 days. By 80 days, you will be essentially free of any residual radioactivity.
3. Minimize duration of time spent close to others.  
Restrict any close contact to **CHILDREN OR PREGNANT WOMEN** in order to avoid their exposure to unnecessary radiation, unless completely necessary.
4. Flush the toilet 2 - 3 times after use.
5. No breast-feeding until radioisotope has been completely eliminated from your body. This will occur by 3 months following the administration date of the 131-Iodine therapy dose.
6. Please call our office and speak to one of our technical specialists for additional information 239-263-8001.

**H**ow Should I Prepare?

Avoid eating any Iodine enriched foods (i.e. shellfish) 2 - 3 days prior to appointment. Discuss the discontinuation of all thyroid medications with your doctor well in advance of your therapy.

**W**hat Can I Expect?

Arrive at our facility at your scheduled time. You will be asked to sign a consent form authorizing us to administer the therapy that has been requested by your doctor. You will then meet with the Nuclear medicine health care professional who will explain the therapy as well as all necessary precautions prior to giving you the prescribed dosage of 131-Iodine. This will be in capsule form and taken with a full cup of water.

**\*\*\*\*\* A PREGNANCY TEST \*\*\*\***

**IS REQUIRED PRIOR TO THE 131 - IODINE MEDICATION FOR ANY FEMALE OF CHILD BEARING AGE UNLESS YOU HAVE HAD TUBAL LIGATION OR HYSTERECTOMY. FOR ANY OTHER REASONING, PLEASE CALL OUR TECHNOLOGISTS FOR ADDITIONAL INFORMATION.**

**IF REQUIRED, IT SHOULD BE PERFORMED THE DAY BEFORE YOUR APPOINTMENT WITH RESULTS IN OUR OFFICE THE DAY PRIOR TO YOUR APPOINTMENT.**

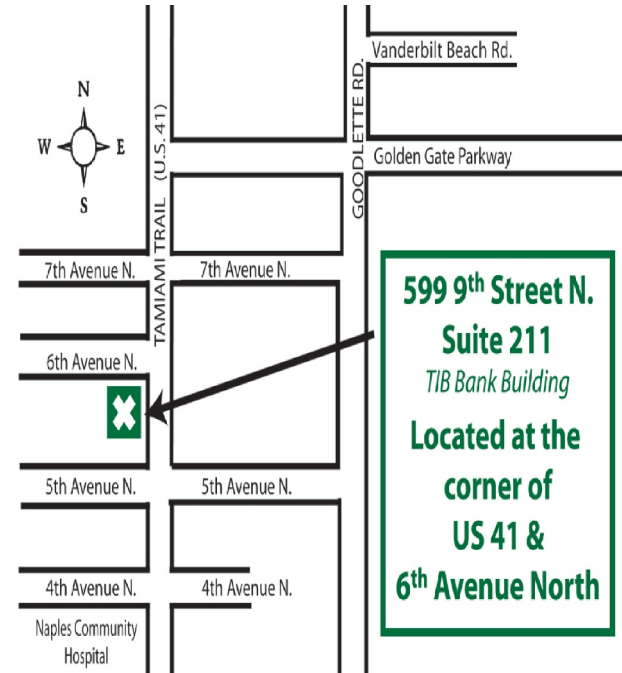
## YOUR APPOINTMENT INFORMATION

DATE: \_\_\_\_\_

TIME: \_\_\_\_\_

### Directions:

**599-9<sup>th</sup> Street St. N., Suite 211**  
**SW Corner of 6th Ave. N & Hwy.41**  
**( west side of Hwy 41{ Tamiami Trail} )**  
**in TIB Bank Bldg. - (3 story orange Bldg. )**



**Phone: 239-263-8001**