



# Radio-Iodine Treatment

**Canterbury Bankstown Nuclear Imaging**

[www.nuclearimaging.com.au](http://www.nuclearimaging.com.au)

## Instructions for patients

### The treatment

When you attend the practice, you will receive a single capsule of radio-iodine which you take by mouth. The radio-iodine is absorbed from your stomach and goes to any thyroid tissue. In general, you should experience no side effects however some people may experience a slight discomfort in the region of their thyroid gland several days after the dose. If this occurs, Panadol or Aspirine should be taken.

### Precautions

Radioiodine that does not go to thyroid tissue comes out of the body in urine or faeces. It is suggested that you should flush the toilet twice whenever you go for the first two days after you receive the capsule. Unborn and you babies are more susceptible to radiation than adults and therefore it is suggested that you avoid prolonged contact with pregnant women or young babies for three days after you receive the capsule. For example, don't cuddle a young baby for more than 10 minutes at a time. It is also suggested that you sleep in different bed to your partner for three days so that your partner does not receive any unnecessary radiation.

### Other Medications

If you are taking either anti-thyroid tablets or Thyroxine, these are ceased for a period of time before you receive the capsule and re-commenced the capsule. Please confirm with your referring doctor when the tablets should be stopped and started.

These instructions have been kept simple to avoid confusion. If you have any questions, please ask will before you receive the capsule. If you have any problem after you receive the capsule, Please contact the surgery.



The phone number is: **(02) 9708-4555**