

Instructions for Radioactive Iodine

BEFORE TREATMENT WEEK

1. Call for Nuclear Medicine consultation with Dr. Michael Uszler. (310) 829-8229
2. 10 days prior to treatment date, start low-iodine diet. See thyroid.org handout and diet www.thyca.org

WEEK OF TREATMENT

1. Monday: Thyrogen injection
2. Tuesday: Thyrogen injection in the AM. Laboratories: Afternoon TSH (to assure value >25 and TG/TGAbS to assess change from baseline)
3. Wednesday: RAI
4. Admission to hospital/at home:
 - a. Drink plenty of water (for urination every 2 hours at least)
 - b. Avoid constipation. Milk of Magnesia may be used
 - c. Sour, hard candies 4x/day
6. Follow contact precautions as outlined in thyroid.org handout
 1. 6 weeks later- blood test and follow-up with Dr. Rettinger

Continue all thyroid medications throughout

Additional resources and FAQ at www.thyroid.org and www.ThyCa.org