

Radioactive iodine therapy, thyroid tissue, over 400 MBq

The purpose of this therapy is to reduce the volume of functional thyroid tissue with localized radiation. The active substance used is radioactive iodine (I-131) which concentrates in the thyroid.

Please reserve approximately 15 minutes for your visit.

Before the treatment

Do not eat or drink for 2 hours before and for 2 hours after ingesting the capsule.

Take medication according to your doctor's instructions.

Take last dose of Tyrazol: Kirjoita tekstiä napsauttamalla tai napauttamalla tätä.

Take last dose of Thyroxin: Kirjoita tekstiä napsauttamalla tai napauttamalla tätä.

Do not consume products or foods with iodine for 2 weeks before the therapy and for 3 days afterwards. These include sushi, marine fish, dairy products (over 5 dl/day), eggs, iodised salt, seaweed and multivitamin tablets, cough medicine, and antiseptic products (e.g. Betadine).

Before you receive the iodine capsule, please inform us if you have had an imaging examination with contrast agent in the past 4 months. The contrast agent affects the success of the iodine therapy.

This treatment is not carried out on pregnant or nursing women. If you are pregnant or think you may be pregnant, call the number on the arrival instructions.

During the treatment

Iodine allergy is not an obstacle for the treatment, because the amount of iodine in the capsule is very low.

The therapy is given as a capsule, which you will ingest with water. In the thyroid, the iodine will destroy the hyperactive thyroid tissue. The iodine will cause a radiation hazard around you. Any radioactive iodine that is not absorbed by the thyroid will leave the body mainly via urine excretion.

Avoid becoming pregnant or fathering a child for at least 6 months after the therapy. The radiation may affect the eggs and the sperm and damage the potential fetus.

If you are breastfeeding, you must stop breastfeeding completely two weeks before the treatment.

After the treatment

Drink plenty of fluids and empty your bladder more frequently than usual after the therapy. Men should also sit down to urinate.

Wash your hands carefully after using the toilet, and if possible, dry your hands with a paper towel. Your urine will be radioactive. Flush the toilet 2 or 3 times.

If you vomit within 2 hours from ingesting the iodine capsule, please contact the Nuclear Medicine Unit. Use nitrile single-use gloves when cleaning up the vomit. Other excretions as well, such as diapers containing urine etc., must be handled carefully and with nitrile single-use gloves. Pack the diapers, gloves and cleaning waste in a tight plastic bag and take them out to a waste bin that has a lid. Do not leave the trash bag outside the waste bin.

If your clothes are stained with excretions, you must change your clothes. Wash the contaminated clothes and any other textiles separately from other laundry.

After the therapy, you may experience mild symptoms of hyperthyroidism.

FOLLOW THESE INSTRUCTIONS AFTER THE THERAPY (over 400 MBq), to ensure that the people you are in contact with will not be exposed to extra radiation:

You must sleep alone for the first 4 days. Possible family members or visitors must sleep at least 2 meters away from you, even if there is a wall between your beds. Walls do not protect from the radiation caused by this therapy.

For the first 12 days after the therapy, do not stay close (less than 2 meters) to children or pregnant people for more than 30 minutes a day. This also applies to holding children. During this time, it would be good if someone else would take care of any infants under the age of 2. If this is not possible, try to keep the close contact as short as possible.

In the following 2 weeks (days 13 to 26), do not stay close (less than 2 meters) to any

pregnant women or children for more than 3 hours a day.

Social situations

You may have visitors over. Short visits, less than 2 hours, are not harmful. However, keep about a 2-meter distance to your guests. It is best if small children and pregnant women do not visit you.

Avoid social situations for 2 to 3 days (workplace, public transportation, movies, theater, visits, etc.), where you would be in close contact (less than 2 meters) with the same person for several hours.

If you are unexpectedly hospitalized during the first week, inform your attending physician about the therapy you have received.

Working

You may go to work after the therapy. However, if you must stay within 2 meters of other people for more than 2 hours, please contact your attending physician.

If you work with children, your attending physician or a physician from the Nuclear Medicine Unit will write you a certificate for sick leave.

Travelling home from the hospital

You can travel home by public transport if the trip takes less than one hour.

Travelling after the treatment

For one week after the treatment, do not use public transport or a taxi for travels that take more than 2 hours.

Travelling abroad

Customs posts have security devices that detect radioactivity. A physician from the

Nuclear Medicine Unit will write you a certificate about the therapy for any trip abroad or hospitalization. Exception: Russia does not allow entry for patients that emit radiation even with a certificate until 2 weeks have passed from receiving the therapy.

Other things to note

Please take your Kela-card or identification with you.

You will not be charged for the treatment separately.

Cancel the appointment if you cannot come. If you do not cancel, you will be charged a fine.

