



تجمع الرياض الصحي الثاني
Riyadh Second Health Cluster



Radioactive iodine

Dear patient,

Regarding what your doctor prescribed, radioactive iodine, here are some important points related to this treatment:

This treatment consists of a capsule of radioactive iodine given to you in a private hospital room. And after taking this oral therapy the iodine absorption is done in the digestive system and is transmitted through the blood to the thyroid gland, where it is concentrated and works to control the disease, whether thyroid or anywhere else in the body.



Since this treatment contain radioactive iodine and a desire to provide maximum protection for you and

your family members, we would like you to comply with the following instructions:

Pre-treatment

- Before taking the radioactive iodine capsule by 3 to 4 weeks you should stop taking thyroxin treatment. And it will result in some of the symptoms (Page 3)
- Before taking radioactive iodine for 7 to 10 days, you must comply with iodine-free diet (diet sheet attached).
- For women, the patient should not be pregnant during the radioactive iodine treatment process.
- Before taking radioactive iodine by 1 week, it is preferred to drink a lot of water.
- You should fast for 4 hours at least before taking the radioactive iodine capsule.

On the day of treatment

- This treatment might require hospitalization two or three days.
- During hospitalization, No visits are allowed, but you will have a glass barrier on your room door that allows several minutes of observation. But, children and pregnant women are strictly forbidden from visiting.
- You are not allowed to leave your room, however, you will be provided with contact information and all necessary needs in your private room and bathroom.
- To help your body get rid of radioactive iodine treatment, you are advised to drink plenty of water during the day of treatment and the next day. Be advised to urinate as frequent as possible without holding it.

Post treatment

- You can start drinking and eating after taking the radioactive iodine by 2 hours.

- You can stop the free-iodine diet after taking the radioactive iodine by 24 hours.
- You can start taking the thyroxin medication the next day or after discharged from hospital.

This drug is excreted out of the body through the secretions of the body such as urine, sweat and saliva and other fluids, therefore we recommend following these instructions during hospitalization and **seven days** after discharge:

- Wash your hands thoroughly and continuously.
- Clean your toilet, flush two to three times after using it. Clean the toilet seat if you drop any waste on it.
- Use special eating utensils during your isolation period. Or you can use plastic utensils to discard after the meal directly.
- Your clothes must be separated from your family when you use a clothes washing machine. After that, wash the washing machine two complete cycles to get rid of any

remaining radiation inside the washing machine.

- Keep two to three-meter distance between you and your family and friends. The more distance the less radiation exposed to the family. However, keep more distance from the pregnant women and young children.
- You should not sit in waiting areas, airplanes, buses, trains, and other means of transportation.
- Don not carry, hug, or kiss infants and young children.
- Do not share your bed with anyone during these 7 days, which means refrain from sexual activity.
- If you were breastfeeding, do not restart.
- Do not become pregnant or father a child after Radioactive Iodine treatment for **6 months**. You may wish to discuss contraceptive methods with your family doctor.

You can practice your normal life seven days after discharge from the hospital.

Side effects of stopping the thyroxin hormone:

- Fatigue.
- Weakness.
- Weight gain or difficulty in losing weight.
- Dry hair.
- Dry skin.
- Hair Loss.
- Low tolerance of cold temperatures.
- Muscle pain.
- Constipation.
- Depression.
- Irregular menstrual cycle.
- Low sexual desire.

These side effects above improve gradually after going back to use thyroxin.

Short-term side effects of RAI treatment

:may include

- Metallic taste in the mouth.
- Dry mouth.
- Sore throat.
- Pain in the neck.
- Nausea or vomiting, which are usually mild.
- Constipation or diarrhea.
- Fatigue or weakness.

Iodine Free Diet

During the first **7 days** before the Radio Active Iodine capsule avoid the following:

Avoid foods that contain iodine:

Please avoid eating or drinking foods and beverages listed below seven days prior to treatment

- Iodized salt, sea salt, and salted foods (pizza, Chinese and Japanese foods, snacks, pretzels, potato chips and nuts)
- Dairy products such as cheese, cream, butter, yogurt, milk, and milk products such as chocolate and ice cream.
- Eggs.
- Dried, salted or processed meat.
- Cabbage, lettuce, turnip.
- Seafood (fish, shellfish, seaweed), as well as marine products and derivatives.
- Dining's food.
- Processed foods such as canned goods, which contain preservatives.
- Commercial bread, bread products, sweetened pancakes, and muffins.
- Soy products (soy sauce, soy emulsifier, tofu).
- Molasses.
- Colored foods and drinks industries, such as cherries, canned and frozen, canned strawberries, cereals, desserts and lemon juice.

Kindly read the product ingredients before you buy it.

Avoid drugs that contain iodine

Kindly avoid medications that contain iodine until the end of the treatment plan:

- During the **four weeks** before radioactive iodine capsule: Other radiological examinations which uses a colored dye.
- During **two weeks** before radioactive iodine capsule: Betadine and antibacterial soap because it contains iodine.
- During **two weeks** before radioactive iodine capsule: Iodo and potassium liquid containing iodine.
- During the **week** before radioactive iodine capsule: Cough medicines.
- During the **week** before radioactive iodine capsule: Minerals, vitamins and nutrients pills.

- During the **week** before radioactive iodine capsule: Medicines that contain artificial colors.

→ You should consult your doctor before you stop any medication.

Alternative medications that do not contain iodine must be given by your physician.

Foods and beverages allowed (which do not contain iodine):

1. Fresh and frozen vegetables, except cabbage, lettuce and turnip.
2. Fresh and frozen fruit.
3. Rice and pasta.
4. Fresh meat (except dried meat and salted).
5. Seasoned foods.
6. Tea and coffee without milk.
7. Bread made at home or in small bakeries (does not contain the industrial improvers).

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Get well soon

For further questions, please contact us on:
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إدارة التثقيف الصحي

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