

**THE BELOW PREP APPLIES TO THE FOLLOWING STUDIES:**

I-131

Appointment Date: \_\_\_\_\_

Appointment Arrival Time: \_\_\_\_\_

**PREPARATION**

- Nothing to eat or drink after midnight night before exam
- See attached pages/brochure for after dose/injection instructions

**BRING WITH YOU**

- Insurance Card
- Photo ID
- Co-pay, Co-insurance and/or deductible

**CURRENT  
PRESCRIPTIONS:**

- Please get prior approval to taking any medications. **NO** Thyroid Meds, Multi Vitamins or Kelp Supplements.

**ARRIVE**

Please arrive no later than 30 minutes prior to your appointment

**MINORS:**

Minors under the age of 8 **MUST** be accompanied by a parent or legal guardian.

**JEWELRY:**

Please remember to leave jewelry at home as it may interfere with the exam process and quality of the imaging.

**NEED TO RESCHEDULE OR  
HAVE QUESTIONS:**

- Please give 24 hours notice
- Call 702.515.8425
- Online Scheduling Available at: [sdmi-lv.com/onlinescheduling](http://sdmi-lv.com/onlinescheduling)



## How long does the radioiodine stay in my body?

The quick answer, only a short time.

Most of the radioiodine will be eliminated from your body over the next few days, primarily through urine. Small amounts can be found in saliva, sweat and bowel movements.

(More information available from Society of Nuclear Medicine and Molecular Imaging • [snmmi.org](http://snmmi.org))



## What is the Thyroid Gland?

The thyroid gland is a butterfly-shaped endocrine gland that is located in the lower front of the neck.

The thyroid's job is to make thyroid hormones, which are secreted into the blood and then carried to every tissue in the body. Thyroid hormones help the body use energy, stay warm and keep the brain, heart, muscles and other organs working as they should.

Iodine allows the thyroid to function properly when making thyroid hormones. The thyroid is the only gland in the body that holds on to iodine.

(Source: American Thyroid Association • [thyroid.org](http://thyroid.org))

## Special Concerns

### For Women:

Isotopes should never be used if you are pregnant or nursing. If you are breastfeeding, you must stop at least 6 weeks prior to treatment and should not restart. You will be able to breastfeed future babies.

You should also avoid becoming pregnant for 6-12 months after treatment.

Please check with your doctor if you are pregnant, breastfeeding or plan to become pregnant.

### For Men:

Men receiving treatment for thyroid cancer may have a decreased sperm count or infertility for roughly 2 years.

Talk to your doctor about options, like sperm banking, if you expect to receive multiple doses.

## Contact Us

Locations across the Valley:

Scheduling: 702.515.8425

Main Line: 702.732.6000

[comments@sdmi-lv.com](mailto:comments@sdmi-lv.com)

[sdmi-lv.com](http://sdmi-lv.com)



**SDMI**  
STEINBERG  
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**"It's What's  
Inside That  
Counts."**

Everything **YOU** need  
to know about your  
**I-131**  
**Thyroid Procedure**

**Nuclear  
Medicine**  
**Thyroid Procedures**



# I-131

Radioactive Iodine



# Guidelines

Hyperthyroidism, Grave's Disease,  
Compressive Goiter



# Guidelines

Post Thyroidectomy, Thyroid Cancer



Iodine, in the form of iodide, is made into two radioactive isotopes that are commonly used in patients with thyroid diseases:

The radiation emitted by these isotopes can be detected from outside the patient to gain information about thyroid function and take pictures of the size and location of thyroid tissues.

I-131 destroys thyroid cells and is administered to do just that in an overactive thyroid. It can also be used to shrink the thyroid gland as well as destroy any remnant tissue after a thyroidectomy.

## *First 2 Days:*

- Keep all people, especially infants, minors and pregnant women at arm's length
- Avoid being in close contact with others for prolonged periods of time (movie theater, sporting events, etc.)
- Sleep alone
- Flush toilet twice and rinse sink and shower after use
- Do not share towels or washcloths
- Wash any items stained with urine or sweat immediately
- Do not share cups, eating utensils, plates, etc. and immediately wash after use
- Avoid preparing/serving food to others
- Drink plenty of fluids

## *First 2 Days:*

- No contact with infants, minors or pregnant women
- Live alone (NO hotel rooms) and have few to no visits from family or friends
- Drink plenty of fluids

## *The Next 5 Days:*

- Keep all individuals at arm's length
- Avoid being in close contact with others for prolonged periods of time (movie theater, sporting events, etc.)
- Sleep alone
- Flush toilet twice and rinse sink and shower after use
- Do not share towels or washcloths, cups, eating utensils, plates, etc. and wash immediately after use
- Immediately wash any items stained with urine or sweat
- Do not travel by airplane or mass transportation or take any prolonged trips by automobile for a full 7 days

**Trash Disposal:** Any disposable items during the first 5 days need to be stored for 3 months. Store these items in a sealed container away from others and pets.

**Additional Information:** You may trigger radiation monitors at airports, border crossings, government buildings, hospitals and waste disposal sites for up to 3 months. Please speak with your physician if you anticipate being in any of these locations.