



Thyrotoxicosis and treatment with radioiodine 600MBq

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What is thyrotoxicosis?

This is a term used to describe a condition where the thyroid gland is overactive and produces too much thyroid hormone. There can be health implications if left untreated.

What is radioiodine treatment?

The thyroid uses natural non-radioactive iodine absorbed from your diet to produce thyroid hormones which are essential to your body. This treatment uses a form of iodine that is radioactive. Radioactive iodine will concentrate in the same way as normal iodine but will cause the thyroid to produce less thyroid hormone. This is a common and well-accepted form of treatment that has been given to millions of people since it was introduced in the early 1940s.

How is the treatment given?

By swallowing a small capsule (the size of an antibiotic capsule) containing the radioiodine. This will not make you feel unwell. Please tell your doctor before attending for treatment if you have difficulty swallowing capsules. You should stay in the department for at least 10 minutes following treatment to ensure that the capsule has been properly swallowed. You may then leave the hospital. You may eat and drink normally before attending for treatment, but we ask that you do not eat or drink anything for two hours after taking the capsules. This will ensure that the iodine is absorbed.

What about my tablets?

It is usual for your doctor to stop your thyroid tablets for a short time prior to treatment. This is to allow the radioiodine a better chance of working. You may be advised to restart these tablets a few days following treatment. This will benefit you while the radioiodine is beginning to work.

How many treatments will I need?

One is usually sufficient. However, in around 10–20% of patients, one capsule proves insufficient and your doctor may advise you to take a second capsule at a later date.

Can I have treatment if I am pregnant or breastfeeding?

No. It is very important that you do not have radioactive iodine treatment if you are pregnant or think there is any chance that you may be. Radioiodine can harm unborn babies and babies that are being breastfed. You will not be given radioiodine treatment if you are pregnant or wish to continue to breastfeed. You should avoid getting pregnant for 6–12 months after treatment.

Please inform your doctor if you are still producing breast milk as this will impact when you can have treatment.

How quickly will the radioiodine work?

The effects are gradual over a few weeks.

How long will the radioiodine stay in my body?

There will be traces of radioactivity in you for several months. Most of the radioiodine will be accumulated by your thyroid over the first 1–2 days. The rest will be passed from your body in urine and a tiny amount in saliva, faeces and perspiration. It is important you drink plenty of fluids during the first two days to wash out any iodine not in the thyroid.

The accumulated radioiodine will then stay in your thyroid for several weeks whilst it gradually reduces your thyroid's function.

If I am radioactive, does this affect others?

Anyone spending time close to you will receive a small radiation exposure. In day-to-day life, everyone receives a small dose of radiation from background radiation. In the UK, the average annual

background radiation dose someone receives is approximately 2.7 millisieverts (mSv). A millisievert is a measure of radiation dose received by someone. This booklet contains instructions for you to follow when you leave the hospital. If you follow the instructions, the amount of radiation received by any other person (other than an adult partner) will be less than 1 mSv. This is less than half the average annual UK background radiation dose and the risk to them is very low.

How do I reduce exposure to others?

By reducing the time you spend with them and by increasing the physical distance between one another.

What about contact with children and pregnant people?

Children and unborn babies are particularly sensitive to radiation; because of this, the instructions for children and pregnant people are quite detailed and should be followed very closely.

What about my partner?

You should inform your partner that you are to receive radioiodine treatment. Because your partner will generally spend more time with you than anyone else, they are likely to receive a larger exposure. If you follow the instructions in this leaflet the amount of radiation received by your partner will be less than 2 mSv and the risk to them will be low. Their radiation exposure is equivalent to roughly one year's worth of natural background radiation that we are all exposed to during our routine daily lives.

If this is not your first treatment with I-131, then you will be advised to have longer contact restrictions than those outlined in this leaflet.

Can we sleep together?

You should sleep alone for 14 nights. If your partner is pregnant you will need to sleep apart for 25 nights. This added time sleeping apart

should keep the dose to the unborn baby below the required limit.

If this is not your first treatment with radioiodine, the time that you must sleep apart from your non-pregnant partner will be increased to 22 nights.

Can I return to work after treatment?

Your time to return to work will largely depend on what job you do, who you work with, how close you work with them and for how long each day. Please apply the instructions listed to your work situation in the following section. If you need advice or wish to discuss this further, please ring the number at the end of this booklet and speak to Nuclear Medicine staff who will be able to advise you.

Pregnancy tests

If you are aged 55 or under and were assigned female at birth, please bring an early morning urine sample with you as it is routine for us to do a pregnancy test prior to you receiving treatment. You should refrain from unprotected sexual contact for at least 14 days prior to the procedure. You must inform staff if you think you are pregnant.

Instructions to follow after treatment

You may stay in the family home after treatment providing you are able to comply with instructions 1 to 4.

1. Contact with children aged under 3 years

You should refrain from all close contact for 25 days after treatment. Keep a minimum distance of one metre away from the child at all times. Do not sleep with the child in the same bed. If you are the sole carer, please make alternative childcare arrangements.

2. Contact with children aged 3–5 years

Refrain from all close contact for 20 days after treatment. Keep a

minimum distance of one metre away from the child at all times. Do not sleep with the child in the same bed.

3. Contact with children aged over 5 years

You should refrain from all close contact with children over 5 years of age for 14 days following treatment. Keep a minimum distance of one metre at all times. Do not sleep with the child in the same bed.

4. Contact at home and sleeping arrangements

Avoid prolonged contact with adults at home and sleep alone for 14 nights.

If you cannot comply with any of the above instructions, please inform your consultant who will be able to discuss this with you.

Remember, if your partner is pregnant, you must avoid close contact and sleep apart for 25 nights.

5. Transport

On the day of treatment, you should not use public transport to travel from your appointment if your journey will take longer than one hour.

6. Work

You may return to work the following day, except in the following circumstances:

- If you work closer than two metres from the same person for much of the day you will need to delay your return to work.
- The time that you should stay off work for will depend upon how close you work to other people and how much time you spend with them.

For example:

- If you work around two metres from the same person full-time, you should not return to work until seven days after treatment. If you work closer than two metres to the same person, then you must contact Nuclear Medicine as you may have to stay off work for a longer period.
- If you work closely with children, you may need to delay your return to work. The length of time that you will need to stay off work will depend upon how much time you spend with the same children and at what distance. If you work with children, please contact Nuclear Medicine before your therapy appointment so that we can advise you on your restriction time.

7. Contact with others

On the day of treatment and the day after, you should avoid close contact (less than one metre distance) with other people for longer than one hour. Examples include public transport, theatres and cinemas.

Please contact Nuclear Medicine for advice if you have regular contact with anyone, for example, regular commuting by public/shared transport or anyone who is employed to care for you in some way e.g. a home help or community nurses making home visits.

What if I cannot comply with the instructions?

Experience has shown that most patients can comply with the instructions at home and that radiation exposure to adult partners will be less than 2 mSv (equivalent to less than one year's worth of natural background radiation). Exposure to other adults and children in the same household will be equal to 1 mSv (equivalent to less than six months' worth of background radiation).

If you will not be able to follow the instructions, you must discuss this with your consultant and Nuclear Medicine staff before you have your treatment. The restriction times may only be reduced under exceptional circumstances.

Can I travel abroad after my treatment?

Yes, provided you follow the instructions about contact restriction with other people. Because you could set off radiation monitors at airports or ports, you will be given a letter to take with you to prove that you have been treated with radioactivity in a hospital.

Are there any risks in having children afterwards?

There is more than sixty years of experience with radioiodine treatment. Treatment has not been shown to affect fertility.

No adverse effects in the babies of persons who have been treated with radioiodine more than six months before they got pregnant have been found. However, we do ask that you avoid pregnancy for six months following treatment.

Remember, if you are breastfeeding a child you must stop breastfeeding in order to have your treatment. Also, you must inform your doctor before treatment if you have recently finished breastfeeding but are still producing milk.

People assigned male at birth should be careful not to father any children for four months after radioiodine treatment.

Are there any long-term effects?

Radioiodine may result in your thyroid becoming underactive (hypothyroidism). This could happen in a few months or even years. The symptoms of hypothyroidism may be varied but typical features include: weight gain, tiredness, feeling cold, development of coarse/

dry skin, hair loss, intellectual impairment, constipation and muscle weakness. Your doctor will arrange for you to have regular blood tests to detect this. It is of utmost importance that you have your thyroid function checked regularly after the initial administration of radioiodine. This will typically be at 6–8 weekly intervals in the first instance. Underactivity of the thyroid is easily treated with the natural thyroid hormone thyroxin, which is very safe.

How do I avoid passing radioiodine to other people?

Some of the radioactive iodine will be passed from your body in urine and small amounts will be in sweat and saliva. Some would be in vomit if you were sick soon after treatment. To avoid passing radioactivity to other people, follow these hygiene precautions for one week. You can reduce the chances of passing on radioactivity to your family if you follow this advice:

1. Don't share unwashed crockery, unwashed cutlery, toothbrushes or unwashed towels
2. No open mouth kissing or sexual contact, but a peck on the cheek is fine
3. Wash hands before handling food. Avoid food preparation that involves a lot of handling of food. e.g. making pastry
4. Flush the toilet twice after use
5. All individuals must urinate sitting down rather than standing
6. Pay extra care to hand washing after using the toilet
7. If you vomit, clean it up and flush it down the toilet and wash your hands. If you vomit in a public area within 12 hours of treatment, for example within the hospital, contact us immediately
8. Wash your bed sheets and pillowcases used in the first week before they are used by anyone else
9. Wash all clothes, towels, bedsheets etc. used in the first week separately from anyone else's

Important note:

Some medicines and X-ray tests can stop the thyroid absorbing iodine. It is very important that you telephone us immediately if:

1. Within the six weeks prior to your radioiodine treatment date, you have had any X-ray tests or CT scans involving contrast media (an injection of iodine-based dye used for some X-ray tests). If you are not sure, please call us and we can check
2. You are taking or have taken a tablet called Amiodarone (commonly used for irregular heart rhythms), sometimes prescribed as CordaroneX

Our direct dial telephone number is: 0121 371 2282



Men please urinate sitting down



Kiss on the cheek only



No baking



No sharing



Take extra care in washing your hands

Accessibility

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Nuclear Medicine

Queen Elizabeth Hospital Birmingham
Mindelsohn Way, Edgbaston
Birmingham, B15 2GW
Telephone: 0121 371 2000
