



Instructions for Patients Undergoing a Whole Body Scan

You will receive a small dose of radioiodine for whole body scans. It is provided in a tablet or liquid form. Radioiodine is collected by the thyroid tissue and a camera takes images to see if the thyroid cancer has been eliminated or has spread to other areas of the body. It is important that you remain still while the images are being recorded. Most of the radiation will leave your body the first 2-3 days after treatment through urine but small amounts may leave in saliva, sweat, vomit and stool. People who are in close physical contact with you may be exposed to small amounts of radiation however such limited exposure is recognized to be safe. Efforts should always be made to avoid unnecessary exposure.

When travelling home after treatment, maintain as large a distance as possible between yourself and the driver. **Only one person to accompany the patient home in the car. Please note that public transit is NOT to be used for travelling home after radioiodine therapy.**

Try not to remain in close contact with other people for longer than necessary (no closer than 3 metres/10 feet for more than one hour per day). Avoid pregnant women and young children for **2 days**.

Stay at home from school for a minimum of **2 days**

Drink plenty of fluids starting 90 minutes after you take the dose of Iodine-131 for 3 days

Suck on sour candies for the first 2 days to reduce uptake to your salivary glands

Reserve a bathroom for your personal use for **2 days**. Wash hands frequently, especially after urinating. Flush the toilet twice after each use. Males should sit for urinating to avoid splashing.

Take at least 1 shower or bath per day

Launder your clothes, bedclothes, towels, etc. separate from the clothes of anyone else for **2 days**

Do not handle or prepare any goods which might be consumed by another person

Use separate eating utensils and do not share personal items such as combs, toothbrushes etc

Do not share a bed or bedroom with other siblings.

Avoid kissing or intimate contact with another person

If you are in need of any medical care, the medical personnel should be informed about these instructions

We recommend that all patients receiving radioactive iodine avoid getting pregnant or fathering a child 6-12 months afterwards.

If you have any questions concerning these instructions please contact Nuclear Medicine at (416) 813-6065 on weekdays from 8:00 am -4:30 pm.

After hours page the technologist at (416) 235-8954. You will hear a message "please enter your number on a touch tone phone after the tone". When you hear beeps, enter in your phone number including the area code. You will then hear the message, "message sent" and you can now hang up.