



ENDOCRINOLOGY & DIABETES UNIT

Endocrine Clinic

Phone: 604-875-2117

Toll-free: 1-888-300-3088, x2117

Fax: 604-875-3231

<http://endodiab.bcchildrens.ca>

DATE: _____

RADIOIODINE TREATMENT FOR HYPERTHYROIDISM

Your child's Endocrinologist has scheduled you for radioiodine treatment for hyperthyroidism from Graves disease or from a hyperfunctioning thyroid nodule.

You will report to BCCH Nuclear Medicine, Room 1K6, on the first floor of the hospital, near Radiology. Their phone number is 604-875-2129, if you have questions or need to cancel or reschedule your appointment. All the scans and ablation will be performed there.

You will need to make plans to be in or around the Lower Mainland for the week of the treatment. In general, your child will be given a drink of water containing a tiny dose of radioactive tracer on a Tuesday. You will then return 4 hours later that same day for an uptake scan, and then return again at 24 hours on Wednesday for an uptake scan. This will help the Nuclear Medicine doctor calculate the dose of radioiodine your child will need. You will then return on Friday morning to receive the radioiodine dose, which is given by mouth. You will be required to leave the hospital immediately following the administration of the dose.

Prior to the ablation, your child must be off all thyroid medications, using the following schedule:

1. No levothyroxine (Synthroid®, Eltroxin®, T4) for 4 weeks
2. No liothyronine (Cytomel®, T3) for 2 weeks
3. No propylthiouracil (PTU®) or methimazole (Tapazole®) for at least 1 week
4. You may take a beta-blocker (propranolol, Inderal®, etc.) until the day of treatment
5. No sushi or foods containing kelp or seaweed for 2 weeks
6. For all girls 8 years of age and older, a pregnancy test is mandatory
 - 8-12 years of age: within a week
 - 12 years and above: same day

The Nuclear Medicine physician will meet with you and your parents before the treatment to obtain consent and to explain the precautions you will need to take for the three days following the treatment. You will be given a handout from Nuclear Medicine about these precautions. Please note that you will be asked to avoid close contact with all people, and to avoid **any** contact with pregnant or breastfeeding women and all children under 16 for three days. You will also be required to have a bathroom reserved exclusively for your own use. Long distance travel by public transportation is not recommended for 3 days after the treatment.

If you're having significant or uncomfortable symptoms of hyperthyroidism after your radioiodine treatment, call your Endocrinologist to see if s/he would like you to take a medication while waiting for the treatment to work.

After the treatment, your physician will want you to have some blood tests taken, generally 3-4 weeks after treatment, and s/he will provide you with a requisition for this.