The dose of radioiodine that you have been given is helpful to you.

A. Please follow the steps below during the first two (2) days after your treatment.

1. Most of the remaining radioiodine in your body will come out through the urine. A small portion of radioactivity will be found in your saliva and sweat. To decrease the spread of radioactivity:
   a. Use paper drinking cups, plates and plastic utensils. Put these items in the trash when you are done with them.
   b. Use towels and washcloth only you will touch.
   c. You should sleep in a separate bed.
   d. At the end of two days wash your laundry by itself. This need only be done once.
   e. Avoid touching and hugging babies and pregnant women.

2. Most of the radioactivity is in the urine during these first two days. If urine should be spilled or splashed, wash and rinse the affected area three (3) times, using paper towels or tissue. Be sure to carefully wash your hands after using the bathroom.

B. During the Rest of the Week

Your body will still contain some radioactivity. Avoid sitting close to others for hours at a time. This will reduce their radiation exposure. Do not be concerned about being close to people for a few minutes. Avoid holding babies or young children for a long time each day.

If you have problems or questions about the above, please call:

________________________________________, M.D.
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