The dose of radioactive __________________________ that you have received is for your benefit.

A. Please follow the steps below during the first four (4) days after your treatment.

Most of the remaining radioactivity in your body will be come out through the urine. A small portion of radioactivity will be found in your saliva and sweat. To decrease the spread of radioactivity:

1. Use paper drinking cups, plates and plastic utensils. Put these items in the trash when you are done with them.

2. Use towels and washcloth only you will touch.

3. If urine should be spilled or splashed, use paper towels or tissue to wash and rinse the affected area three times.

4. At the end of four days wash your laundry by itself. This need only be done once.

5. Avoid direct physical contact with babies and pregnant women.

6. You should sleep in a separate bed.

7. Flush the toilet two times after each use.

B. During the Rest of the Week

Your body will still contain some radioactivity. Please follow items one through three above for the rest of the week. This will reduce the spread of radioactivity. Radiation from your body should not be a problem for others.

______________________________ was treated on ___________________ 20 __________

with __________ millicurie of _______________ in the form of ________________

If you are hospitalized or require emergency medical treatment during the next 2 weeks, please contact or have someone contact your physician and the UCDHS Radiation Safety Officer as soon as possible. After hours, call the hospital operator at (916) 734-2011 and ask for the Nuclear Medicine on-call resident.

______________________________, M.D. Phone: ________________________________

Physician

UCDHS Radiation Safety Officer 916-734-3355