The dose of radioiodine that you have been given is helpful to you. However, other people should not receive unnecessary radiation exposure. Please use the following guidelines.

A. During the First Four (4) Days

1. Most of the remaining radioiodine in your body will be come out through the urine during these first four days.
   a. Flush the toilet twice after each use.
   b. Men should sit down when urinating.
   c. If urine should be spilled or splashed, wash and rinse the affected area three (3) times, using paper towels or tissue.
   d. Be sure to carefully wash your hands after using the bathroom.

2. 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 four days wash your laundry by itself. This need only be done once.
   e. Avoid touching and hugging babies and pregnant women.
   f. Family members should stay six feet or more from you. They may be closer for brief periods such as a few minutes.

B. During the Rest of the Week

Your body will still contain some radioactivity. To minimize radiation exposure to other people, you should avoid sitting close (within a foot) to others for hours at a time. Do not be concerned about being close to people for short times (less than an hour). Avoid holding babies or young children for a long time each day.

C. For the Next 6 -12 Months

Avoid becoming pregnant for the next 12 months or fathering a child for the next 6 months. If you are hospitalized or require emergency medical treatment during the next 2 weeks, please inform the doctor or nurse that you have been treated with _________ millicuries of radioactive iodine on __________. Please contact or have someone contact the Nuclear Medicine Department at (916) 703-2136 or (916) 703-2273 and UCDHS Radiation Safety Office at (916) 734-3355 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.
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