

## I-131 treatment

Department of the treatment: Nuclear Medicine (NM)

Purpose of the treatment:  
To treat thyroid diseases.

Notes before the therapy:

1. You will receive some radiation in this treatment.
2. Some medications and food will interfere with the uptake result. Thyroid hormones (eg, thyroxine/T4), antithyroid drugs, iodine-containing food (eg, kelp, seaweed, multivitamin) and medications (eg, iodinated contrast, amiodarone, betadine) should be avoided for 4 weeks.
3. Nothing to eat or drink 3 hours before the treatment.

On the day of the therapy:

1. Please check in first at NM service counter.
2. NM physician will ask you a few questions of medical history.
3. NM pharmacist will educate you and give you a dose of radioactive iodine.
4. Please don't eat or drink for 3 hours after the treatment.

Total duration of the test: About 15 minutes.

Adverse drug effect of the test:

1. Early: mucositis, nausea, vomiting, sialadenitis, alterations in taste (metal-like), painful thyroiditis, decrease in white blood cells.
2. Late: damage to the salivary glands resulting in xerostomia (dry mouth) or sialolithiasis, excessive dental caries, dysgeusia (reduced taste), epiphora (from scarring of the lacrimal ducts), or transient infertility.
3. Very rare: carcinoma of the stomach, bladder and colon or leukemia.