

## Precautions

### Minimising your contact with people

- Do not go to public area including your work place or school for 3 days.
- Spend less time and keep distance from other people for 1 week.
- Sleep alone for 1 week.
- Avoid close contact with children and pregnant women for a week.

### Food intake

- Avoid iodine-rich food for a week after the treatment.
- Must use separate dishes and cutleries, and wash separately for a week.
- Dispose food leftover that come in contact with your saliva in a specific plastic bag.

### Maintaining your hygiene

- Preferably use separate washroom for 1 week.
- Must use separate toiletries and towel from everyone else.
- Men must urinate sitting down to avoid splashing.
- Flush the toilet 2 times with lid closed after each use.
- Keep the toilet and surrounding area clean.
- Wash your hands with soap and plenty of water each time you use toilet.
- Use double-lined leak-proof plastic trash bags to dispose only paper towels and other things that may have been contaminated.
- If your vomit or spill urine at home in the first 3 days after the treatment, clean up the spill and contact the Radiation Protection Officer in our department for advice.



#### Radiation Hazard

You must not have radioiodine therapy if you are pregnant or breastfeeding.

Avoid close contact with children and pregnant women for 1 week.

## Department of Nuclear Medicine

### Opening Hours

Mon to Thu	8am - 5pm
Friday	8am - 12pm 2pm - 5pm

### Services

- PET-CT Scan
- SPECT-CT Scan
- Radioactive Iodine Therapy

For appointments, please contact:

### Pantai Jerudong Specialist Centre

Jerudong, BG3122, Brunei Darussalam

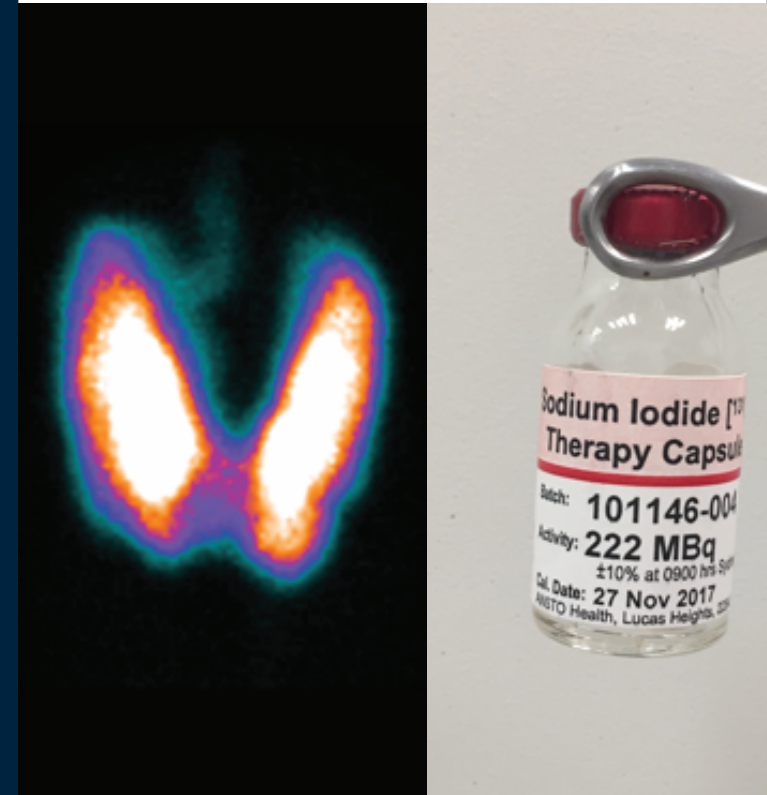
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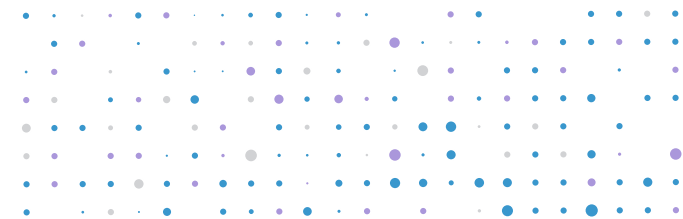
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PANTAI JERUDONG  
SPECIALIST CENTRE



## Radioactive Iodine Therapy Information for Hyperthyroid patients



# Radioactive Iodine Therapy (RAI) for Hyperthyroidism

## What is Radioactive Iodine therapy?

Radioactive Iodine therapy (RAI) is a treatment for patients suffering from hyperthyroidism, which is over functioning of thyroid gland. A radioactive Iodine-131 is administered to hyperthyroid patients as capsule or liquid. This will concentrate in only thyroid cells as these cells can uptake iodine. The rays emitted from radioiodine will destroy the part of the thyroid glands and decrease its function.

## When is the RAI used?

Radioiodine therapy can be given to patients whom the anti-thyroid medication has failed to control the thyroid function, or hyperthyroidism recur after stopping anti-thyroid medication, or patient having side effects with anti-thyroid drugs. This therapy can also be given to patients having recurrence of hyperthyroidism after surgery.

## How to prepare for RAI?

For this procedure, you have to come with empty stomach for 3 to 4 hours. You can drink plain water, however, patient should not eat prior to this procedure. After base line clinical assessment, you will be given a Radioiodine-131 capsule and water to swallow it. The radioactive Iodine-131 is tasteless and can be swallowed easily as the shape is similar to any other capsule. Please inform us if you have difficulty in swallowing, as the capsule cannot be chewed. After treatment, you will be advised to return to your home on the same day. No hospital admission is required.

## What do I need to do after the treatment?

You will need to avoid meal for 1 to 2 hours after procedure. You can drink water or juice. However, avoid solid meal for 1 to 2 hours as it prevents iodine absorption from stomach. For the next few days, you should drink plenty of fluids to help excrete the unabsorbed radioiodine from your body. You will still need to continue your low-iodine diet for a week after the treatment. Some patients may need to restart their anti-thyroid medication as advised by their doctor.

For the days after the treatment, you will have low levels of radioactivity in your body, but these will disappear within next 3 weeks. Any radioiodine that is not absorbed by your thyroid gland will be present in your urine in the first few days after the treatment. Therefore, there are a number of precautions listed overleaf that helps to reduce radiation exposure to other people.

## What is the effect of RAI treatment?

The desired goal of treatment with radioiodine is to decrease the thyroid function (i.e. patient becomes hypothyroid). Then, this state is corrected with daily oral dose of thyroxin, which generally has to be taken life long. Your endocrinologist or doctor will inform you about the time and dose of thyroxin to start. This is decided by serial blood testing for your thyroid function. Majority of patients achieve the desired hypothyroid state with first dose of radioiodine. In few cases, if the hyperthyroidism is not corrected, second or third dose may be required. But, it is usually given after 6 months from the first dose.

## Is RAI treatment safe?

Radioiodine therapy is not done during pregnancy or lactation and in young children. Otherwise, for adults the therapy is safe. Generally, patients do not experience side effect from the treatment. However, some patients may experience slight pain in thyroid or neck region, or nausea. Common pain medication or anti-emetic can be used to relieve these symptoms. There is no risk to your family and friends with this treatment. The radiation safety instructions given to you will help reduce radiation exposure to other people.

## Who does the RAI therapy?

Our Nuclear Medicine staff is trained in handling radioactivity and radioactive patients. The radioiodine capsules will be administered by Nuclear Medicine Technologist / Medical Physicist according to the advise of Nuclear Medicine Consultant. your radiation exposure will be monitored by Medical Physicist, and management decisions are made by Nuclear Medicine Physician qualified for use of radioactive treatments.



## Attention

Please let us know if any of the following applies to you:

- Possibility of being pregnant, currently pregnant or breast-feeding.
- Known allergy to iodine contrast or any medicine.
- Radiological procedure done with iodine contrast (i.e. CT scan or angiography) in the last 1 to 2 months.

## Preparations for the treatment

- Blood test will be organized to check your thyroid levels.
- Stop anti-thyroid medication before RAI treatment. Please consult your doctor about the need of stopping the anti-thyroid medication.
- Take low-iodine diet for a month before the treatment and a week afterwards.
- Pregnancy test may be required for female patient at childbearing age.
- Do not bring pregnant women or children when coming for RAI therapy.
- Fast for 3 to 4 hours before attending the department for RAI therapy. You can drink water if needed.
- More detailed instructions regarding your procedure will be given at time of appointment.

