

# Jodium 131 therapie poliklinisch

Informatie in het Engels

Naar het ziekenhuis? Lees eerst de informatie op [www.asz.nl/brmo](http://www.asz.nl/brmo).

**albert  
schweitzer**



# Introduction

You have an appointment for radiiodine-131 therapy coming up shortly. This leaflet contains additional information about this therapy.

At the back of the leaflet, you'll find a parking permit and map to use for a separate car park reserved for patients who have to undergo this treatment.

From this car park, walk under the awning to the special entrance. Ring the bell to be let in.

Walk down the corridor and take the first corridor on the right. This is signposted.

Please report to the reception of the Nuclear Medicine Department at the Dordwijk location.

## Radioiodine-131 Therapy

Patients undergo radioiodine-131 therapy for a variety of reasons. For instance, to reduce the functioning of thyroid tissue in case of an overactive thyroid and/or to shrink an enlarged one.

Treating thyroid conditions with a radioactive agent (radioiodine-131) is a safe and effective therapy that has been used for many years.

Treatment involves swallowing a capsule containing the radioactive agent. Given that this agent is radioactive, several precautions must be taken to protect those in your environment. This leaflet describes these precautions, and it's important to observe all of them.

The capsule is administered (outpatient basis) at the hospital.

Radioiodine-131 therapy does not produce immediate effects. Because of this, the internist will prescribe thyroid medication after you swallow the capsule. A few months must pass before we'll be able to determine whether the radioiodine therapy has helped. Based on our experience, roughly a quarter of patients will require a second radioiodine treatment before the thyroid is calmed.

### **Your Experience**

We try to explain as clearly as possible what you can expect in terms of discomfort or pain as part of any treatment. That said, all people experience things differently and in their own way. If you're feeling apprehensive or anxious about anything, please let us know so we can take this into account.

## **Preparation**

Do not consume anything four hours prior to your treatment. You may, however, continue to drink beverages.

Thyroid medications impact the effectivity of radioiodine-131 therapy. That's why the physician consulted you about which medications you could and could not take.

### **Pregnancy and Breastfeeding**

Women up to the age of 45 will be tested for pregnancy. If you're pregnant, we cannot proceed with the treatment.

If you're breastfeeding, you'll have to stop before receiving the treatment.

Radioiodine spreads throughout the body, including breast milk. This means you should refrain from breastfeeding even after your treatment.

# Administering the Capsule

Before swallowing the capsule, staff on the Nuclear Medicine Department will give you verbal instructions and information. They'll explain how you should take the capsule.

After their instructions, you'll swallow the small capsule with the radioactive agent. Do not touch this capsule with your hands. You'll receive it in a little cup. You should swallow the capsule whole with some water.

Next, staff will use a radiation detector to verify that the capsule has entered your stomach. After ingesting the capsule, walk around the room for fifteen minutes and drink some water. This promotes your body's absorption of the capsule. Do not eat anything for up to an hour after taking the capsule.

You'll have to stay in the treatment room for about fifteen minutes.

Before you go home, we'll take another set of measurements near your mouth and stomach with the radiation detector. This is to check that the capsule has been properly absorbed.

## Bodily Absorption of the Radioactive Agent

Most of the radioiodine will be absorbed by your thyroid within the first twenty-four hours. The rest will be excreted through your urine within the first few days and, to a much lesser extent, through your faeces.

Your saliva and your oral and nasal cavities will be radioactive the first day after you swallowed the capsule.

Your perspiration will also have a small amount of the radioactive agent. If you menstruate, a small amount of radioactivity will be present in your menstrual blood.

## **Rules for Home**

To minimise your family members and acquaintances' exposure to radiation, you'll have to take several precautions. Continue observing them for up to one week after swallowing the capsule.

### **Maintaining Distance**

Your housemates will need to maintain distance from you at all times, over a metre at least. If you'll be in close proximity to others for an extended period, e.g. while watching television or eating, you should maintain a distance of two or more metres.

### **Contact with Children**

Children (up to age 10) are more sensitive to radiation than adults. So, avoid direct physical contact with children of this age as much as possible and be sure to maintain as much distance as you can. For this reason, they should be looked after by someone else.

### **Partners**

We recommend you and your partner sleeping separately, at least two metres apart, but preferably in separate rooms. Should you sleep in separate rooms, take care that the beds are not against the same wall. Otherwise, the distance will be insufficient. Keep at least two metres' distance between your bed and those of your children.

### **Older Partners and Housemates**

Those aged 60 or older are less likely to suffer damage from radiation. And this risk is five to ten times lower for adults below the age of 60.

If your partner or housemates are over 60, you don't have to observe the precautions listed under the 'Partners' heading as strictly.

You'll still need, however, to observe the other precautions.

### **Clothing and Personal Hygiene**

Your urine, faeces, saliva, vomit and oral and nasal cavities in particular will be radioactive on the first day of treatment. So, avoid contact with any of these on your hands, clothing and belongings as much as possible.

It's a good idea to use tissues when blowing your nose or sneezing. This helps prevent contamination via your hands and/or belongings. Do not leave a used tissue anywhere in the room. Dispose of it in a rubbish bag immediately after use.

### **Toilet Visits**

You must urinate in a sitting position during this week, even if you're a man. You should also use toilet paper after urinating. This will prevent your clothing from coming into contact with any urine.

Be sure to flush the toilet with the lid down.

If your home has several toilets, we recommend dedicating one for your use and the other(s) for your housemates.

Wash your hands in the WC, if possible, to keep doorknobs, etcetera, as clean as possible.

### **House Pets**

You don't have to take any precautions with house pets.

### **Visitations**

When you welcome visitors to your home or are on a visit yourself, you should maintain a distance from others and avoid any direct physical contact (see the 'Maintaining Distance' heading).

It's best not to visit young children and/or pregnant women during this week or to allow them to visit you.

## **Meetings**

We recommend not attending any meetings or visits this week where you'll spend hours sitting close or directly next to others.

## **Transport**

The first week after taking the capsule, you should avoid travelling by public transport as much as possible and for no longer than an hour at a time. If travelling by car, sit as far away from the driver and/or fellow passengers as possible.

If you'll be travelling by plane within three months of your treatment, mention this during your consult with the Nuclear Medicine physician. Post-treatment, you'll receive a 'flight letter' that proves that the radioactive agents in your body are due to treatment.

## **Work**

You can go to work after swallowing the capsule so long as you can maintain the previously indicated distance from others. *If you work in primary education or in childcare (up to age 10), you may not work for the duration of one week.*

If this is not a viable option or if you have any questions about this, please contact the Nuclear Medicine physician.

## **Hospital Admission**

Should you require an unexpected hospital admission within a week of treatment, notify staff immediately about your recent radioiodine-131 therapy and your current lifestyle guidelines.



# Longer Term Lifestyle Guidelines

Pregnancy is discouraged during the first six months after radioiodine therapy. Male patients are advised not to conceive children within six months of their treatment. Both situations could affect the development of a foetus.

## To Conclude

We'll do everything we can to assist you on time. So, please be sure to arrive in good time for your treatment at the hospital.

If you'll be unable to attend on time, please let us know as soon as possible. This will allow us to cancel the order for your radioactive agent. Also, the freed-up appointment can be used for another patient.

If you have any questions after reading this leaflet, feel free to telephone the Nuclear Medicine Department, Dordwijk location, at +31 (0)78 652 32 90. We're available Monday through Friday between the hours of 8:00am to 4:30pm. We'll be happy to assist you.

For additional information, visit the Nuclear Medicine Department's website: [www.asz.nl/specialismen/nucleaire\\_geneeskunde](http://www.asz.nl/specialismen/nucleaire_geneeskunde)

Let us know what you think of this leaflet: [www.asz.nl/foldertest/](http://www.asz.nl/foldertest/)

# Route to the Car Park

There's a special car park for patients visiting the hospital for radioiodine-131 therapy. This is the same car park used by patients coming for a PE-CT scan at the hospital. That's why you'll follow the 'PET scan' signs. You may park here free of charge the day of your treatment using the parking permit from this leaflet. **Complete the parking permit and display it prominently behind your vehicle's windscreen.**

Without this permit, you might receive a parking fine.  
Incomplete parking permits are also not valid.

Follow the yellow signs with 'PET scan':

- From the N3, continue straight ahead on Overkampweg.
- Turn right after the police station and the high-rise buildings.
- Follow the road until you reach the car park.





# Parking Permit

Name: \_\_\_\_\_

Registration number: \_\_\_\_\_

You have an appointment on:

\_\_\_\_\_ (day/date) at \_\_\_\_\_ (time).









Albert Schweitzer ziekenhuis  
januari 2024  
pavo 1822