



Whole-body scanning with ¹³¹I Sodium Iodide is performed as a follow-up study in patients who have been treated for thyroid cancer. The goal of the exam is to identify whether or not any thyroid tissue remains within the body. The scan is performed using the same drug as the thyroid ablation, but with much smaller quantities. The dose delivered to the body is of a diagnostic rather than therapeutic nature; however, it is still important to follow the post-care instructions.

Whole-body scanning takes place 2 days after the dose is administered.

Patients will often receive injections of a drug called Thyrogen® in the days prior to receiving a diagnostic ¹³¹I dose for whole-body scanning. In this case, specific preparation is not required for the exam. If you are to perform the scan without Thyrogen®, your physician will advise you on exam prep.

You will need to avoid food or drink 2 hours before and 2 hours after your appointment. You may drink water during this time.

Due to the nature of radioactive emissions from ¹³¹I Sodium Iodide, female patients under the age of 56 will be required to perform a pregnancy test the day of the ablation unless documentation of surgical hysterectomy can be provided.

Nuclear Medicine Iodine ¹³¹I Post-Care Instructions

- Drink plenty of fluids for the first 2 days.
- Maintain a distance of 6 feet from family members and other individuals.
Do not be concerned about being close to other adults for brief periods of time.
- Do not hold small children and avoid contact with pregnant women. Avoid direct or indirect contact with infants and children for 4 days. Consider having children stay outside the home with other family members if possible.
Indirect contact includes close proximity to other adults who will directly interact with children.
- Arrange living space at home (e.g. bedroom, bathroom) that can be used exclusively by you for 2 days. Sleep in separate beds to reduce radiation exposure to your mate for 2 days.
- Minimize time spent in public places (public transportation, stores, theaters, sporting events, restaurants).
- If your treatment was given to you orally, some of the radioactivity will remain in your stomach for 24 hours. It is unlikely that it will make you nauseated; however, if you feel you have to vomit, try to do so directly into a toilet and then flush several times. Notify your physician as soon as possible if you vomit in the first 24 hours.
- Radioactive material may be present in your urine for a time. Use the toilet from a sitting position and flush the toilet after each use. If urine is spilled, wash the affected areas several times with soap and water using disposable paper towels. This includes urine spilled in places such as a hotel room.
- A small portion of the radioactive material will be found in your saliva and sweat. Do not allow others to eat or drink after you. You may consider using disposable plates and utensils during this time. Use separate towels and washcloths.
- Wash your clothing, towels, bed linen, etc. separately from those used by others.
- Do not become pregnant in the next 3 months.
- Radioactivity can be found in breastmilk following administration of ¹³¹I Sodium Iodide. Patients being treated with ¹³¹I Sodium Iodide must completely stop breastfeeding for the current infant or child.