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**PRECAUTIONS TO FOLLOW AFTER RECEIVING  
RADIOACTIVE IODINE THERAPY**

The dose of radioiodine you have received is beneficial to you, but it is desirable that other persons not be unnecessarily exposed to radiation. Below we have suggested some points to help keep such exposure to others as low as possible.

1. Go directly home in your own vehicle. Do not take public transportation. Do not stop anywhere for any reason. During the first 8 hours it is recommended that you drink at least 1 glass of water every hour and urinate at least every 2 hours. Subsequently, drink clear liquids as much as can be tolerated
  
2. **During the first 2 days:**
  - A. Stay home as much as possible.
  
  - B. Make sure you have exclusive use of a toilet. A large portion of the radioactivity is excreted in the urine. Flush toilet 2 times with each use. (If urine should spill, splash on toilet seat, etc., wash and rinse the affected area 3 times using disposable paper towels or tissues.)
  
  - C. It is strongly recommended that you sleep in a separate bed and/or room during this period. Avoid close physical contact with other members of the household, particularly children and pregnant women.
  
  - D. All personal clothing and items with which you have come in contact (pajamas, underwear, towels, bed linens, etc.) should be washed separately from those used by other members of the family.
  
  - E. Articles contaminated with body fluids that cannot be washed, cleaned or disposed of in the toilet should be saved and double bagged and brought to the treating facility so they can be surveyed or stored for decay.
  
  - F. Do not use paper plates or disposable cups or flatware. Use regular dishes, glasses, and utensils. Wash them in the sink or dishwasher. Keep contaminated articles out of household trash.
  
  - G. Tissues and paper napkins should go in the toilet, not the garbage. Because saliva contains significant radioactive iodine activity, food residues contaminated with saliva (such as apple cores, barbecue ribs, chicken bones, corn cobs, chewing gum) can be a problem. Please be careful to avoid foods that will create this tissue.