

# I-131 Ablation Therapy for Cancer

(4<sup>th</sup> version Aug.1, 2020)

## **Patient Preparation:**

1. Injection of contrast media in radiological examination such as CT scan, IVP test and Bronchography should be avoided in at least one months before the test.
2. If you have **any possibility for pregnancy**, please tell us in advance.
3. Ten days before the test, please start low-iodine diet including low-iodine salt. Don't take sea food, kelp, eggs, chocolate, and any drug containing iodine such as multivitamin, coughing drug, etc.
4. Discontinue thyroid hormone for at least four weeks before the treatment. Other drugs depend on individual circumstance. Please consult doctors.
5. If you are prescribed to take doses more than 30 mCi, you will be admitted to the isolation ward designed for radiation protection.

## **Before Treatment:**

1. Check serum TSH and thyroglobulin before scanning if necessary
2. Follow the instruction of pharmacists. Take a capsule or solution containing I-131.

## **After Treatment:**

1. Fasting for 4 hours after intake of I-131.
2. In order to reduce radiation burden to non-target organs, suggest you drink more water and empty bladder frequently. If constipation, laxatives is suggested.
3. In the first day post I-131 intake, liquid or semi-liquid meal is suggested to reduce the probability of nausea and vomiting.
4. Two days after intake of the I-131, you can take drugs (including thyroid hormone) or food as you need.
5. Within 7 days post I-131 intake, please frequently consume a hard & sour candy to stimulate the secretion of saliva, which can reduce I-131 accumulation in salivary glands.
6. About one week after I-131 intake, a whole body scan will be performed. Some patients may need to take the I-131 more than one time.
7. Within seven days post I-131 intake, please try not to hold children or stay with people for a long time (over half hour) and please sleep alone.
8. I-131 can excrete via lactation. Please stop breast feeding for at least one week after I-131 intake.

## **Follow-Up:**

After iodine-131 cancer eradication treatment, our medical staff will assign a whole body scan for you. Remember to return to the hospital as scheduled.

**Please feel free to contact us if you have any question.**

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