

Consent for Out-Patient Treatment and Precautions (Care Helper)

I have read and understand the above information. These precautions have been explained to me by the Nuclear Medicine doctor.

I recognize that I have the primary responsibility to help the iodine therapy patient follow the recommendations of the procedure and the precautions.

I consent to follow the above restrictions in order to minimize radiation exposure to myself and members of the public.

Care Helper's printed name

Care Helper's signature

Date

Physician's signature

Date

Radiation Safety Officer's signature

Date



Precautions after Out-patient Radioactive Iodine (I-131) Therapy

Here are the general guidelines to follow to lower the risk of exposing others to radiation.

Follow the precautions below for 7 days after treatment.

Travelling home from the hospital:

- Sit as far away from the driver as you can. For example, sit opposite the driver in the back seat. There should be no other passengers.

Once at home:

- Stay at home in your own room and minimize contact with others.
- Wear slippers or socks at all times.
- Do not return to work and school.
- Do not travel on public transit or attend public events.

Drinking fluids and sucking candy:

- Most of the extra radioactive iodine is eliminated in your urine. It is important to drink fluids after your treatment and for the next 2 days. This lowers the amount of radiation exposure to your bladder.
- You may also be advised to suck on sour candy after treatment to help the radioactive iodine come out in your saliva.
- These guidelines depend on your personal health history. Before your treatment begins talk to the doctor who ordered the test about:
 - when to start and stop sucking sour candy
 - the amount of fluid you should drink

More home guidelines:

Time

The less time you spend around other people the better. This is very important with children and pregnant women. Avoid being close to pregnant women and children **for at least 7 days.**

When you are around people, spend no more than:

- 45 minutes a day at 1 meter or 3.5 feet **or**
- 2 hours a day at 2 meters or 7 feet **or**
- 7 hours a day at 3 meters or 10 feet

You can spend as much time as you like at 4 meters or 13 feet from other people.

Consent for Out-Patient Treatment and Precautions (Patient)

I have read and understand the above information. These precautions have been explained to me by the Nuclear Medicine doctor.

I recognize that I have primary responsibility to follow the recommendations of the procedure and the precautions.

I consent to follow the above restrictions in order to minimize radiation exposure to the people I live with and members of the public.

Patient's printed name

Patient's signature

Date

Doctor's signature

Date

Radiation Safety Officer's signature

Date

Regular contacts (Monday to Friday – 8:00 am to 4:00 pm)

Radiation Safety Officer
St. Joseph's Healthcare Hamilton
Telephone: 905-522-1155 ext. 33962

Emergency Contacts (after regular hours)

Radiation Safety: 905-522-1155 ext. 33311
(ask for the Radiation Safety Officer to be paged)

Distance

The greater distance from other people the better. For example, doubling your distance from someone decreases exposure by a factor of $\frac{1}{4}$. Examples of increasing distance include:

- Sleep alone.
- Do not sit right beside someone on a couch or in a vehicle.
- Sit as far away as you can from the person driving you home from the hospital.
- Do not use public transit.
- Do not go to the theatre or any event where you would be close to people.

Hygiene

Good hygiene is very important to reduce exposure to others.

- Reserve a washroom in your home for your use only. This is a **MUST**. Clean this washroom well after your precaution time is over. Make sure no one uses your soap or towels.
- Wash your hands with soap and plenty of water each time you use the toilet.
- Have at least 1 daily shower. No baths.
- Keep the toilet and surrounding area very clean.
- Men must urinate sitting down to avoid splashing.
- Flush the toilet 3 times with the lid closed after each use.
- Rinse the bathroom sink, shower and tub thoroughly after using.
- After brushing your teeth, spit into the toilet then flush the toilet 2 times.
- Flush all used facial tissue down the toilet.
- Do not chew gum.

Food and dishes

- Use separate dishes and wash separately.
- Eat prepared food or prepare your own food separately from the people in your home.
- Avoid foods that create saliva and have residue that needs throwing away. For example food with bones such as chicken wings and ribs and food with cores such as apples and pears. Eat cored fruit chopped or boneless chicken.

Clothes, bedding and towels

- Wash separately.
- After your precaution time is over wash all items 2 times before returning to general use in your home.

Close contact

- Avoid kissing and sexual intercourse.

Further guidelines:

- Do not become pregnant or father a child after having radioactive iodine for 6 months. You may want to talk to your doctor about how to prevent a pregnancy.

Feeling sick or constipated:

- If you feel sick to your stomach, take an anti-nausea medication, such as Gravol.
- If you do not have a bowel movement within the first 24 hours after treatment, take a mild laxative, such as milk of magnesia.
- Contact your family doctor for further instructions or advice.

Emergency information:

- If you vomit or spill urine at home in the first 3 days after having radioactive iodine, clean up the spill and contact the Radiation Safety Officer at the hospital where you were treated. People who live with you and have come in contact with the spill may have to come to the Nuclear Medicine Department for testing.
- In the event of a life and death situation within the first 3 days, do not delay life saving measures. If there is a fire for example, evacuate everyone in the home. After the situation is under control, contact the Radiation Safety Officer.
- In the event of death of a person who has received radioactive iodine, call the Radiation Safety Officer as soon as possible. Appropriate arrangements can be made to keep radiation exposures low.