

# I-131 Ablation post Thyroidectomy

## What to expect at arrival:

Please arrive 30 minutes prior to the appointment. The first place to go after arriving is admissions. The physician's office should have provided a written order to the patient. Please take the order to admissions for registration. After checking in, the next stop will be the Radiology desk. The exam should start quickly from the scheduled time. Since Northeast Georgia is a major medical center there are emergencies that could arise that might extend wait time. Please try to be patient and be assured that we will begin your procedure as quickly as possible.

## What is an I-131 Ablation?

An I-131 ablation is a radioactive iodine treatment for individuals that have had thyroid cancer and have had their thyroid removed. The ablation is used to destroy any residual thyroid tissue as a follow-up procedure to the thyroidectomy, which is a thyroid removal. This is oftentimes confused with an I-131 Therapy, which is a lower dose of radiation and is used to treat hyperthyroidism.

## Patient Prep:

Prior to the procedure the patient has to be off of all thyroid medication for a minimum of 2 weeks prior to the procedure. Please contact your physician before stopping any prescription medications. Many Beta Blockers and some heart medications can interfere with this exam for any questions please call the department to ask about medications that you currently take. The patient needs to be on a low iodine diet two days prior to the study and stay on the diet until the procedure is completed. The diet restricts the intake of any seafood, salty foods like ham. Do not put any extra salt on food and avoid broccoli and romaine lettuce. **Please let the technologist know if there is any possibility that you may be pregnant.**

## Your I-131 Therapy:

When you are brought to the Nuclear Medicine department, a technologist will verify the orders and patient identification. A technologist will ask a series of questions and explain the procedure. Then there will be an I-131 (radioactive iodine) capsule given by mouth with water. The patient might have to spend a few nights in the hospital if the dose received is high enough to warrant quarantine. The patient will have to sign some documents and will be given a sheet of restrictions that should be closely followed.

## Recovery/Home:

There will be a sheet of restrictions and information given to the patient at the time of the capsule administration. For any questions call the Nuclear Medicine department 770-219-1349.

**Patient Information**



Northeast Georgia Health System • Imaging Services • [www.nghs.com/Imaging](http://www.nghs.com/Imaging)

Imaging Center Gainesville  
770-219-8035

Imaging Center Braselton  
770-848-6150

NGMC Main Campus  
770-219-1300