

# I-131 Therapy

# Patient Information

## 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 I-131 Therapy?

An I-131 Therapy is a radioactive iodine treatment for individuals with hyperthyroidism or other thyroid issues that needs radioactive treatment. The treatment is used to lessen the amount of active thyroid tissue in order to help regulate the thyroid hormones. This is commonly confused with a I-131 Thyroid Ablation procedure which is used to eradicate the Thyroid tissue after thyroid cancer and is a much higher dose than a Thyroid Therapy.

## Patient Prep:

Prior to the procedure the patient has to be off of all thyroid medication for a minimum of 2 weeks. 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 2 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 such as 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. There will be an I-131 (radioactive iodine) capsule given by mouth with water. 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.



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Imaging Center Gainesville  
770-219-8035

Imaging Center Braselton  
770-848-6150

NGMC Main Campus  
770-219-1300