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ਜੇਕਰ ਇਹ ਲੀਫਲੈੱਟ (ਛੋਟਾ ਇਸ਼ਤਿਹਾਰ) ਤੁਸੀਂ ਆਪਣੀ ਭਾਸ਼ਾ (ਪੰਜਾਬੀ) ਵਿੱਚ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰ ਕੇ ਪੇਸ਼ਟ ਇੰਨਫਰਮੇਸ਼ਨ ਕੋ-ਆਰਡੀਨੇਟਰ ਨਾਲ 0800 0730510 ਟੈਲੀਫੋਨ ਨੰਬਰ ਤੇ ਸੰਪਰਕ ਕਰੋ।

यदि आपको यह दस्तावेज़ अपनी भाषा में चाहिए तो पेशन्ट इनफरमेशन को-आरडीनेटर को टैलीफ़ोन नम्बर 0800 0730510 पर फ़ोन करें।

જો તમને આ પત્રિકા તમારી પોતાની ભાષા (ગુજરાતી)માં જોઈતી હોય, તો કૃપા કરીને પેશન્ટ ઈન્ફોર્મેશન કો-ઓર્ડિનેટરનો 0800 0730510 પર સંપર્ક કરો.

আপনি যদি এই প্রচারপত্রটি আপনার নিজের ভাষায় পেতে চান, তাহলে দয়া করে পেশেন্ট ইনফরমেশন কো-অর্ডিনেটরের সাথে 0800 0730510 এই নম্বরে যোগাযোগ করুন।

إذا كنت ترغب هذه الوريقة مترجمة بلغتك الاصلية (اللغة العربية) , فرجاء ا اتصل بمنسق المعلومات للمريض
0800 0730510 على التلغون Information Co-ordinator

حسب ضرورت امليف ايت كوئي زبان (اردو) میں حاصل کرنے کے لئے ریلوہر ہائی ٹیلیفون نمبر 0800 0730510 پر وھٹ افریشین اور اھنفر (عربیوں کے لئے معلومات کی فراہمی کے سلسلے میں اضر) کے ساتھ رابطہ کر کے۔

Procedure for Radio-Active Iodine Treatment Diabetes and Endocrinology Patient Information Leaflet

Why do I need treatment?

You have a condition called thyrotoxicosis. This means that your thyroid gland is overactive. If it is not properly treated, your health may be affected in the future.

What is radioiodine treatment?

Radioiodine treatment uses a form of iodine that is radioactive. Iodine is taken up by the thyroid gland, so only a small amount of radioactivity is needed. Your doctor considers that this is the best form of treatment for you.

Where does the radioactivity go?

Most of the iodine is taken up by the thyroid.

How is the iodine given?

Radioiodine is colourless and tasteless. You will be asked to swallow a capsule or a liquid containing the radioiodine.

What about my tablets?

Your hospital doctor will have given you instructions about the tablets you are taking.

Useful contacts:

Diabetes and Endocrine Centre
01384 244399

Diabetes UK
Macleod House
10 Parkway
London
NW1 7AA
Tel: 020 7424 1000
www.diabetes.org.uk

- You should also refrain from extended periods of close contact for a period of 21 days. This means that you should not cuddle a child for more than 15 minutes per day and should not sleep with a child or pregnant woman in the same bed for this period of time.
- You can return to work on the day following treatment as long as you do not spend more than an 8-hour period of each working day at a distance of less than 2 metres from another individual.
- It is generally unnecessary to recommend restrictions on the use of seating on public transport for longer than 3 hours on the day of leaving the hospital.
- It is generally unnecessary to recommend restrictions on the use of private transport, although you should not sit immediately adjacent to another passenger or driver for longer than 3 hours on the days of leaving the hospital.
- If your work involves food preparation then it may be appropriate to advise the employer of the possibility of contamination and the need for precautions to avoid this.

Is radioiodine treatment safe?

Radioiodine has been used for over 40 years to treat thyrotoxicosis. Patients treated this way have been studied carefully. This form of treatment is considered to be safe and effective.

Will I have any side effects?

There are no known immediate side effects associated with the treatment.

Are there any risks in having children afterwards?

There has been no effect on the health of the children of patients who have had radioiodine. However, we do ask you to avoid pregnancy, breastfeeding or fathering children for the 4 months after radioiodine treatment.

Is there a risk to others?

You will be given some simple precautions to follow when you attend for your treatment. These are merely to avoid any unnecessary radiation to others.

Will I need to see a doctor after the radioiodine treatment?

You should be seen by your doctor after treatment and have blood tests taken. These are to check how your gland has responded.

How many radioiodine treatments will I need?

Occasionally, a second or even a third treatment is necessary. The blood tests after your first treatment will show whether further treatment is needed.

Are there any long-term effects?

Radioiodine is a very safe treatment. However your thyroid gland may become under active after your treatment. This could happen within a few months or many years after treatment. That is why there are blood tests to check the function of your thyroid, which are important and should be performed regularly for the rest of your life. If your thyroid becomes under active you will be started on thyroid treatment, which needs only to be taken once a day.

We want you to understand what the treatment involves. If you have any other questions, please ask when you come to the hospital for treatment and you will have the opportunity to discuss any concerns and questions with us.

When you have an appointment to undergo radioactive iodine treatment you must:

- Stop taking thyroid tablets seven days before iodine treatment.
- Resume taking tablets five days after iodine treatment.
- Take the tablets for four weeks and then stop taking them.
- Blood test to be done four weeks after stopping the tablets.
- Return to Dr Fiad's Endocrine clinic two weeks after the blood test.

Precautions following Radioactive Iodine Treatment

The aim of these recommendations is to ensure that any radiation dose received by members of the public should be as low as reasonably practical. After radioactive iodine is given, the following is recommended:

- Refrain from all close contact with children and pregnant women for a period of 9 days. In practice this means that you should generally keep a minimum distance of 1-metre from pregnant women and children except for occasional very brief periods.