

I-131 Therapy

Patient Information

What to expect at arrival:

Please arrive 15-30 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 treatment. The treatment is used to lessen the amount of active thyroid tissue in order to help regulate the thyroid hormones.

Patient Prep:

Prior to the procedure the patient has to be off of all thyroid medication for a minimum of 2 weeks. 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 Braselton
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