5A.6. DOCUMENTS THAT FACILITATE I-131 SCHEDULING AND PATIENT EDUCATION

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Previous chapters reviewed the things the physician needs to do at the time of initial consultation for I-131 therapy and on the day that I-131 is administered. The purpose of this chapter is to present the forms and documents that we use to accomplish these tasks. A summary of the contents of this chapter is presented in Table 1.

Table 1. Documents included in this chapter.

Documents used at the initial consultation for I-131 therapy:
- Event Schedule For Patients Who Are Prepared For I-131 With rhTSH
- Event Schedule For Patients Who Are Prepared For I-131 With T4 Deprivation
- Low-iodine Diet
- Consent For I-131 Therapy For Thyroid Cancer

Documents used on the day of I-131 administration:
- Handout for the patient: Things To Remember To Do After I-131 Therapy For Cancer
- Hospital admission orders for patients admitted for I-131 therapy
- Limiting Radiation Exposure To Other People After Receiving I-131 (as an out patient)
- Limiting Radiation Exposure To Other People After Leaving The Hospital
### SCHEDULE FOR I-131 THERAPY: RHTSH (THYROGEN)

<table>
<thead>
<tr>
<th>Time Frame</th>
<th>Instructions</th>
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<tbody>
<tr>
<td>2 weeks</td>
<td>Start low-iodine diet</td>
</tr>
<tr>
<td>1 week</td>
<td>Get blood drawn for pregnancy test</td>
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<tr>
<td>5 days</td>
<td>Start lithium (3 pills per day for 7 days)</td>
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<tr>
<td>3 days</td>
<td>Stop Synthroid or Levoxyl</td>
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<tr>
<td>2 days and 1 day</td>
<td>Get blood drawn for lithium level: &lt; 1.2 is OK (Fax to Dr. XXXX, XXX-XXX-XXXX)</td>
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<tr>
<td>2 days</td>
<td>Start Salagen (1 pill three times-a-day)</td>
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<tr>
<td>1 day</td>
<td>Go to XXX Nuclear Medicine Dept. to take the I-123 pill for Thyroid Uptake Study. (Scan 2–4 hours later)</td>
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**At this time on this day:** Go to XXX Nuclear Medicine Dept. to take I-131:

- Do not eat or drink anything but water 4 hours before, and 2 hours after, taking I-131
- Continue taking lithium until the tablets are gone (the day after taking I-131)
- Continue taking Salagen until the tablets are gone (2 days after taking I-131)
- Resume taking your Synthroid (or Levoxyl) the day after you take I-131
- Stay on the low-iodine diet for 2 days after you take I-131
- You will be given an appointment to return to XXX 5–7 days after taking I-131 for a Total Body Scan. When you finish the total body scan come to XXX to meet with Dr. XXX to go over the results of the scan
- You will receive an appointment to see Dr. XXX approximately 6 weeks after you take I-131