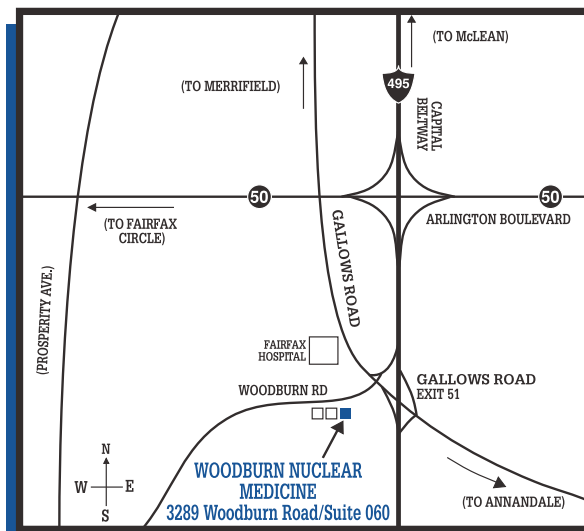


Welcome to Woodburn Nuclear Medicine!

Your physician has referred you to us for I-131 thyroid ablation treatment. Our top priority is to provide you with the highest quality medical care. Our staff is available to answer questions and ensure your comfort before, during, and after your treatment.

Our facility is conveniently located and is wheelchair accessible.



Directions :

Route 495 South: Exit 51 (Gallows Road)
Proceed straight across Gallows Road onto Woodburn Road to the first building on the left.

Route 495 North: Exit 51 (Gallows Road) Turn left onto Gallows Road then left onto Woodburn Road to the first building on the left.



**Woodburn Nuclear Medicine
Metro Region PET Center**

3289 Woodburn Road • Suite 060
Annandale, VA 22003
Phone: (703) 698-0666 • Fax (703) 573-6120
www.woodburnmed.com

A Guide For Patients

I-131 Ablation Therapy for Thyroid Cancer at Woodburn Nuclear Medicine



Patient Name: _____

Appointment Date/Time: _____



**Woodburn Nuclear Medicine
Metro Region PET Center**
Phone: (703) 698-0666

What is I-131 Thyroid Ablation Treatment?

Iodine-131 (I-131) is a radioactive form of iodine (also called a radioisotope) that is used to destroy (ablate) malignant or hyperactive thyroid tissue.

Thyroid Cancer:

I-131 (30-200 mCi) is administered to destroy thyroid cancer cells.



Thyroid Scan Image

How long will the procedure take?

Please plan to be with us for 30 to 60 minutes.

Thyroid ablation preparation:

Thyrogen stimulated ablation therapy: If your referring physician recommends Thyrogen stimulated ablation therapy, please continue your current hormone replacement regimen.

Thyroid hormone withdrawal ablation therapy: Your physician will instruct you to discontinue all thyroid replacement hormones. Synthroid (Thyroxine) should be stopped 4 weeks prior to your therapy and Cytomel (Triiodothyronine) should be stopped 10 days prior to your therapy.

All I-131 thyroid treatment patients should adhere to the following:

- Please be sure that you have not had any iodinated contrast for at least 12 weeks prior to your ablation therapy. This contrast is often used with imaging tests such as IVPs, CTs, angiograms and myelograms.

- If you are taking Amiodarone, you must discontinue this medication 6 months prior to your ablation therapy.
- Please adhere to a low iodine diet for at least 2 weeks prior to treatment.
 - **Dietary Sources of Iodine** include iodized salt, seafood of any kind, milk and dairy products (cheese, butter, ice cream) soy products, egg yolks, canned vegetables and most prepared foods from restaurants or the grocery deli. Most store-bought breads and baked goods contain iodine and should be avoided. You can substitute home-baked items, rice cakes or unsalted crackers. The low-iodine diet consists mostly of fresh fruits and vegetables, home-prepared fresh meats without added salt, unsalted nuts and grains.
- Please fast for at least 4 hours prior to your treatment and at least 2 hours following your treatment. You may drink water during this time but no other liquids.

Important reminders:

Previous Reports: If you are a new patient we will need your pathology and surgical reports. For all thyroid ablation treatment patients we will also require a recent I-123 or I-131 whole body scan and uptake report. If you have not had one done recently, we may need to complete one at our facility prior to your treatment. Reports can be faxed to our office or you may bring them with you on your date of service.

For patients being withdrawn from thyroid hormones: A recent serum Thyroid Stimulating Hormone (TSH) level must be provided and should be >30 uIU/ml at the time of treatment.

For those patients remaining on Synthroid: Thyrogen will be administered to you on the two consecutive days prior to your treatment.

What if I might be pregnant?

I-131 therapy is contraindicated during pregnancy.

Will I be exposed to radiation and what precautions should I take? Is it safe?

Yes, I-131 is radioactive. However, your exposure is well within established guidelines. On the day of your treatment, it will be administered to you in the form of a capsule. This form of iodine is non allergenic.

Please note the following precautions:

- You should not be pregnant or nursing at the time of the procedure or for 12 months following the procedure.
- You must have exclusive use of a bedroom and a toilet for 3 days following treatment.

You will be given very clear instructions when you schedule your appointment explaining other precautions that you should take. If you cannot easily comply with all of the recommendations, this should be discussed with our staff.

When can I resume unrestricted activities?

Most patients can resume normal activity at home and work after a period of three days following I-131 administration. Specific arrangements will be discussed in detail with one of our physicians prior to treatment.

Should I return for a check-up or scan?

All patients receiving a high dose I-131 treatment for thyroid cancer will have a post-treatment scan 7-10 days following treatment. A follow-up whole body I-123 or I-131 scan is usually performed 6 to 12 months following thyroid cancer ablation therapy.

If you have any questions regarding your test, please call 703-698-0666.