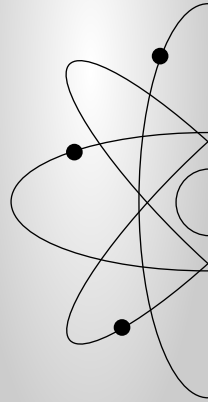


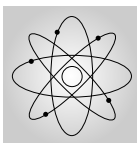
Iodine-131  
Therapy for  
Hyperthyroidism



Answering  
Your Questions  
About the  
Treatment

DEPARTMENT OF  
NUCLEAR  
MEDICINE  
Monmouth  
Medical Center

*An affiliate of the  
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Care System*



## About Iodine-131 Therapy

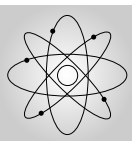
Iodine-131 therapy is given on an outpatient basis to patients with hyperthyroidism.

According to the Nuclear Regulatory Commission, Monmouth Medical Center is required by law to provide you with written instructions on actions recommended to ensure that exposure of other individuals to Iodine-131 is as low as is reasonably achievable, particularly in cases when the total effective dose equivalent to any other individual is likely to exceed 100 mRem. According to predetermined calculations performed by our medical physicist, these instructions are only needed if the administered dose is greater than 12 millicuries.

*The basic principles of radiation protection involve time, distance and shielding.* In the first 24 hours after administration, you are advised not to spend more than six hours next to any one individual if the distance between you and the individual is less than 1 meter.

For women who are breastfeeding, you will be instructed to discontinue breast feeding permanently.

No other precautions are necessary.



If you have any questions regarding your treatment, please contact our medical physicist at 732-923-6811.

**■ ■ MONMOUTH  
■ ■ MEDICAL CENTER**

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