



I-131 Patient Screening Sheet for Outpatient Administration

University Health Network

Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Other than yourself, how many people live at your place of residence?	
Excluding yourself, what are the approximate ages of each member of your household?	
How many bathrooms are in your residence?	
Is there a bathroom that could be reserved for your exclusive use for 3 days?	
If you are treated on an outpatient basis, will you be able to avoid contact with pregnant women or children under 12 years old for the next 7 days?	
Will you be able to sleep alone in a private room for the next 7 days?	
While at home, will you be able to maintain at least a 3 metre distance from all other people for the next 3 days?	
How will you travel from Toronto General Hospital to your home after the treatment?	
Will anyone be traveling with you? If so, will the person be staying with you for the next 3 days?	
How long does it take to travel from Toronto General Hospital to your home?	
After you arrive at home, will you be able to stay there for 3 days?	
Are you planning to initiate a pregnancy within the next 6 months?	

Comments:

Patient's Name

Physician

Date

Radiation Safety Manager

Date

Calculations and additional information attached



Patient Treatment Instructions for I-131 Outpatient Administration

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NOTE: Nuclear Medicine staff to verify that patient can follow instructions provided and review emergency contact information. Any deviations from the instructions below must be pre-approved by the Radiation Safety Manager and referring physician.

When traveling home after treatment, preferably travel alone; if not, maintain as large a distance as possible between yourself and the driver. If you are feeling well enough, you should drive yourself.
If you feel nauseated after the treatment take 50 mg Gravol orally, up to every 6 hours (if needed), for up to two days. If you vomit, call the Emergency Contact numbers provided to you.
If no bowel movement occurs within the first 24 hours post-treatment, take a mild laxative, such as milk of magnesia.
You may spend up to a maximum of 45 minutes per day at 1 metre (3.5 feet) from other people, up to a maximum of 2 hours per day at 2 metres (7 feet) from other people, and up to a maximum of 7 hours per day at 3 metres (10 feet) from other people. Spend as much time as you like 4 metres (13 feet) from other people. This precaution lasts 3 days (72 hours) from the time you receive the therapy.
Stay at your home for a minimum of 3 days .
Drink plenty of liquids starting 90 minutes after you take the dose of Iodine-131 for 3 days .
Suck on sour candies for the first 2 days to reduce uptake to your salivary glands.
Avoid alcoholic beverages for 3 days .
Reserve a bathroom for your personal use for 3 days . You should be the only person to use this bathroom during this time. Keep the toilet clean by flushing 3 times after each use. Men should sit when urinating to avoid splashing.
Use good hygiene habits. Wash your hands thoroughly after each toilet use.
Take at least 1 shower or bath per day; wash hands frequently for 3 days .
On the 4th day , thoroughly clean your entire bathroom. This MUST be done prior to allowing anyone else to use your bathroom.
Launder your clothes, bedclothes, towels, etc. separate from the clothes of anyone else for 3 days .
Do not return to work for 3 days .
Do not travel on public transit for 3 days .
Sleep alone for 7 days .
Try to minimize time spent with pregnant women and children under the age of 12 for 7 days
Do not become pregnant or father a child after the therapy for 6 months for women and 2 months for men. You may wish to discuss contraceptive methods with your physician.
IF YOU HAVE QUESTIONS OR CONCERNS call your physician or the Radiation Safety Officer.



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Emergency Contact Information

Should an emergency arise during the first 72 hours post administration of the I-131 therapy, the Radiation Safety Officer and the Nuclear Medicine Physician should be informed and will help direct a response.

In no case should life saving measures be delayed.

Contacts:

Working hours:	416 596-4200 ext 4408 416 340-4801 416 596-4200 ext 4446	Radiation Safety Officer – Barry Ivo Radiation Safety Officer - Frank Tourneur Nuclear Medicine Department – Dr. Aaron Hendler
After hours:	416 586-5133	Radiation Safety Officer Nuclear Medicine Physician (via hospital communications dept.)

Fire: In the case of a fire at the patient’s residence, the fact that the patient is radioactive should not effect response. The patient should exit the residence as quickly as possible. When safely away from the fire and after the fire department has been called, the patient should attempt to inform the RSO of the situation.

Patient Information:

Clearly Imprint Patient Identification
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I-131 therapy dose information:

Date Given (YYYY-MM-DD):	Time Given (24h clock):
Amount of Radioactivity:	Measured Dose Rate at 1 metre:

I have read and understand the above information. I recognize that I have primary responsibility to follow the recommendations of this procedure. I have informed and reviewed these instructions with my family and friend caregivers to ensure that their exposure to radiation is As Low As Reasonably Achievable.

I agree to abide by the above precautions:

Patient’s signature

Date

Witness’ signature

Date



I-131 Outpatient Therapy Record

University Health Network

Toronto General Hospital Toronto Western Hospital Princess Margaret Hospital

Patient Information:

MRN: _____

Clearly Imprint Patient Identification

Radionuclide to be given (and activity): Radionuclide _____ Activity _____

Date to be given at TGH Nuclear Medicine: _____

Ordered by: _____ Signature: _____

Diagnosis: _____

Dose Estimate (in mSv) to primary care-giver *:

Administered Activity (¹³¹ Iodine)	First 8 hours (mSv)	Extrathyroid Component (mSv)	Thyroid Component (mSv)	Total Dose Estimate (mSv)	Check One
2775 MBq (75 mCi)	0.772	0.422	0.506	1.70 mSv	
3700 MBq (100 mCi)	1.030	0.562	0.675	2.83 mSv	
4625 MBq (125 mCi)	1.287	0.703	0.844	2.83 mSv	
5550 MBq (150 mCi)	1.544	0.843	1.013	3.40 mSv	
7400 MBq (200 mCi)	2.059	1.124	1.350	4.53 mSv	

* According to Policy # 9.21.009, based on Nuclear Regulatory Commission (U.S.), regulatory guide 8.39. Applicable to ¹³¹Iodine therapy to ablate thyroid remnant only with estimated thyroid uptake fraction ≤ 5%.

Approval Signature
Radiation Safety Director

_____ Date

When completed, attach to screening sheet and fax to: UHN Radiation Safety Director at 416-340-3282
When approved, fax to: TGH Nuclear Medicine Department and MSH Radiation Safety Officer (Barry Ivo).