

Care after radioiodine ablation therapy for thyroid cancer whilst in hospital

Department of Nuclear Medicine

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Information for Patients

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Side effects and sickness

Radioiodine should not cause serious side effects. Some side effects are:

- metallic taste or change to taste. This goes away after a few weeks.
- a sore throat. You can treat this with over-the-counter pain killers. You can ask the nurse for these while in the room if needed.
- if you have stopped your thyroid medication you may feel tired.

You should not feel sick because of the treatment. However, if you do feel sick please ask the nurse for anti-sickness medication. If you vomit, please vomit into the toilet and call the nurses right away.

After your treatment:

- When you enter your room you cannot leave your room until we say it is okay to. The ward staff will show you where to go in case of an emergency like a fire. Do not pass **anything** outside the red barrier.
- You are not allowed visitors during your stay. Nuclear medicine team will visit you regularly to measure your radiation levels. Nurses will check on you and give food and drinks.
- Try to not pee until after your 2nd radiation level measurement.
- Do not eat anything. You can drink a small amount of water, **until:** _____
- After the time above, you can eat as normal and drink as much as possible.
- We will leave food and fresh water for you on the trolley in the lobby. If you cannot carry the food from the trolley to your table you may move the trolley. You can use the door guard to keep the door open for you.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk



- There are no drinking water taps in your room. You must call the nurses to ask for drinks. You can leave your jug with the lid off on the trolley in the lobby for water refills.
- If you enter the lobby and see a member of ward staff, please return to your room to minimise their radiation exposure. This is unless the ward staff need to talk to you. You can be in the lobby with nuclear medicine staff when they measure your radiation.
- If you notice anyone on the balcony outside your room please call the nurses and tell them. Sit in your chair and avoid walking up to the windows.
- Please do not throw or pour anything out of the windows. This causes radiation protection hazards to people outside.
- Please use bins correctly. Look to the signs before throwing away trash.
- You must call the nurses if you want the main lights to be switched on or off.

Hygiene advice:

- Try to pee often from 2 hours after treatment. Sit down to use the toilet. Flush the toilet 2 times. Wash your hands thoroughly.
- Wash your hands often. You must shower at least 2 times a day.
- Take care when brushing teeth / washing. Try not to splash.
- Please wear socks / slippers on your feet when walking around the room.

Discharge and scan:

We plan for your scan to be on _____ at _____.

On the morning of your scan have a shower to remove any of the radioactive iodine that is on your skin. Change into your going home clothes (we will give these to you). Leave your shoes off. Remove the white sheet from the chair. Stay in the chair until a member of staff comes to collect you for the scan. We will ask you to change into your shoes as you cross the black line.

If have you any questions during your stay, please speak to ward or nuclear medicine staff.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغةٍ أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

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Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

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