

Thyroid Whole-Body Scan (WBS) and Radioactive Iodine (I-123 or I-131) Therapy

I-131 Thyroid Ablation Therapy: Iodine-131 (I-131) is a specialized radioactive therapy used to treat thyroid conditions by targeting and destroying malignant thyroid tissue. This treatment is commonly used to eliminate residual thyroid cancer cells following surgery. The treatment specifically targets thyroid tissue, minimizing effects on the rest of the body. Administered in capsule form with no surgical intervention required. Proven to significantly improve outcomes for patients with thyroid cancer.

Preparation Instructions

Avoid iodinated contrast: Do not undergo imaging tests (e.g., IVPs, CT scans, angiograms) with iodinated contrast for at least **8 weeks** before therapy. Discuss with endocrine if you are taking amiodarone medication.

Low-iodine diet: Avoid foods high in iodine for 2 weeks before treatment, including iodized salt, seafood, dairy products, soy products, egg yolks, canned vegetables, store-bought baked goods, and most prepared foods.

Recommended foods: Fresh fruits and vegetables, home-prepared fresh meats without added salt, unsalted nuts, grains, and home-baked items.

Fasting: Fast for at least **4 hours before** treatment and **2 hours after** treatment. You may drink water.

What to Bring: A valid photo ID and your insurance card. Completed paperwork. Any relevant pathology, surgical, or imaging reports (e.g., recent or prior I-123 or I-131 whole-body scan and uptake reports).

Clothing and Jewelry: Wear loose, comfortable clothing free of metal components such as zippers or snaps. Leave all jewelry and valuables at home. Facilities usually offer lockers for personal items if needed.

Radiation Exposure and Safety I-131 is radioactive, but your exposure will remain within established safety guidelines. The treatment is administered as a non-allergenic capsule.

What to Expect During the Procedure

Day 1: 1st Thyrogen is administered via injection performed at the facility. It mimics the effect of natural TSH, stimulating the thyroid tissue.

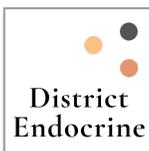
Day 2: 2nd Thyrogen is administered via injection, and iodine 123 capsule will be administered 4 hours later.

Day 3: District Endocrine will provide lab orders for thyroglobulin and thyroglobulin antibodies. Please complete these labs at your laboratory on Day 3 before receiving the I-131 iodine dose. The imaging facility will perform the **whole-body scan** and will orally administer the **I-131 iodine capsule**, initiating a **72-hour isolation period**. This visit typically lasts **90 minutes**.

Day 7 - 10: After I-131 Therapy, a follow up Whole Body Scan is performed. This visit typically lasts **90 minutes**.

Post-Treatment Precautions:

Women of childbearing age will be asked to confirm that they are not pregnant. Do not be pregnant or nursing during the procedure or for **12 months** afterward. You must have exclusive use of a bedroom and bathroom for **3 days** following treatment. Facility staff will provide detailed instructions regarding additional precautions when you schedule your appointment. If you have concerns about complying with these recommendations, please discuss them with the facility. You may resume normal activities immediately after each scan unless otherwise instructed.



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