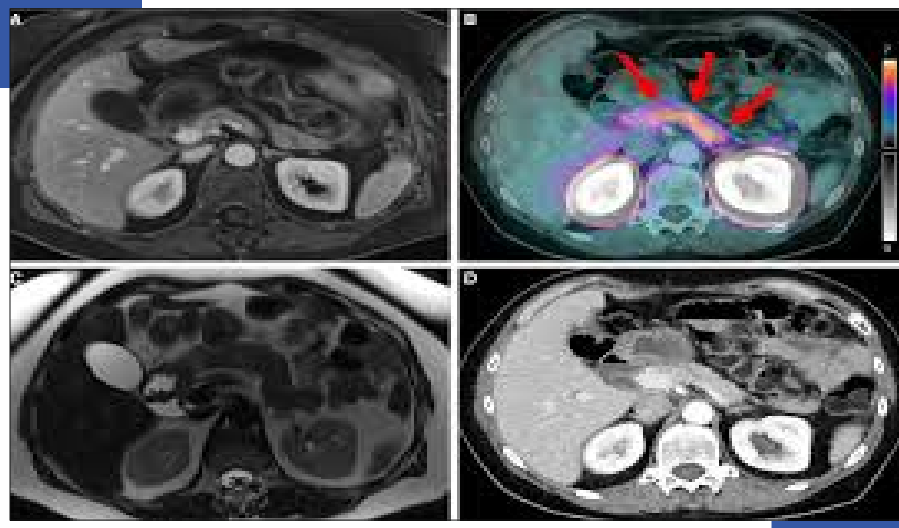




Understanding I-131 Radioiodine Therapy (10 mCi) for Hyperthyroidism

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What is I-131 Radioiodine Therapy (10 mCi) for Hyperthyroidism?

I-131 Radioiodine Therapy is a type of radioactive iodine therapy that is used in the treatment of hyperthyroidism, which is excessive production of thyroid hormones. A prescribed 10 mCi dose of radioactive iodine-131 is given orally. Iodine in the form of I-131 is absorbed by the thyroid and works on the overactive thyroid cells, gradually causing a decrease in thyroid function products.

Why is it Performed?

This treatment is advised if hyperthyroidism is due to a condition like Graves' disease or an overactive thyroid nodule. It helps decrease overactive thyroid activity and regulate the production of hormones. Treatment depends on the individual's thyroid problem, their test values, medical history, and past treatment.

Preparation

- Inform the team if you are pregnant or breastfeeding.
- Inform the team about all current medicines and supplements.
- Follow the specific food and medication instructions provided.
- Carry recent thyroid test reports and previous medical records.
- Follow instructions regarding thyroid medicines before treatment.

Procedure

I-131 is given orally (usually in capsule or liquid form) at a dose of 10 mCi, as prescribed. The radioactive iodine is absorbed and taken up primarily by the thyroid. If you're treated and your radiation safety needs don't require it, you can return home after treatment. The overall effect of the treatment is gradual, and follow-up thyroid blood tests are required to monitor the levels of thyroid hormones.

Important Instructions

- Follow all radiation-safety instructions given by the Molecular Diagnostics and Therapy team.
- Maintain the recommended distance from others for the advised period.
- Follow precautions regarding close contact with children and pregnant women.
- Drink fluids if medically permitted.
- Follow recommended hygiene and bathroom precautions.
- Take medicines only as directed by your doctor.
- Attend all scheduled follow-up appointments.

Safety Precautions

I-131 therapy involves using a trained and controlled dose of radioactive iodine. You might experience temporary pain in the neck, nausea, or changes in thyroid function. In the immediate post-treatment period, there is some residual radioactivity in the body, and so it is important to adhere to recommended safety measures.

When to Seek Medical Attention?

If symptoms are different or severe, talk to your health-care professional. Talk to the healthcare team about any concerns regarding medicines, precautions about exposure to radiation, concerns regarding pregnancy, concerns about nursing, or concerns regarding follow-up care. The treatment plan should depend on your medical condition, and the follow-up plan should be decided by a qualified specialist. At Molecular Diagnostics and Therapy, we offer advice and assistance to facilitate the treatment.