
INSTRUCTIONS for patients who will undergo a medical exam with radioactive Iodine-131

1. Do not come close to pregnant women or children for **20 days** after administration of the radiopharmaceutical.
2. Keep a safe distance of one meter from others, especially young women of reproductive age.
3. Avoid traveling for longer than 2 hours on public transport.
4. Drink plenty of fluids (over 2.5 liters a day).
5. Take precautions when using the bathroom:
 - *Male patients must sit when urinating.*
 - *Flush the toilet twice.*
 - *If urine gets spilled on the toilet seat for some reason, wipe it clean with absorbent paper, throw the paper in the toilet and flush twice. Wash your hands.*
 - *If urine gets spilled on your clothes, they must be washed immediately separately.*
6. Avoid sexual intercourse (leading to pregnancy) **for 20 days**.

These recommendations are even stricter when you are surrounded by young individuals in your immediate environment and especially women of reproductive age.

**Please feel free to contact us
for further details.**