

Patient Release Policy Post-Radioisotope Administration

The calculations for patient release are based on NRC Regulatory Guide 8.39.

Thyroid Cancer

I-131 treatment of thyroid remnants and metastases

Using Equation B-5, patients who receive less than (200) mCi can be released as long as they can understand and abide by the following instructions.

Hyperthyroidism

I-131 treatment of hyperthyroidism

Using Equation B-5, patients who receive less than (55) mCi can be released as long as they can understand and abide by the following instructions.

Instructions

Maintain a prudent distance from others for at least the first 2 days

Sleep alone in a room for at least the first night

Do not travel by airplane or mass transportation for at least the first day

Do not travel on a prolonged automobile trip with others for at least the first 2 days

Have sole use of a bathroom for at least the first 2 days

Drink plenty of fluids for at least the first 2 days

Instructions are required for any patient given more than 7 mCi of I-131 or measuring greater than 2 mrem/h at 1 meter.

Content of Instructions

Specific to the type of treatment given

Include name and telephone number of a knowledgeable person to contact in case of questions

Maintaining distance from other persons, including separate sleeping arrangements

Minimizing time in public places (public transportation, grocery stores, shopping centers, theaters, restaurants, sporting events, etc..)

Precautions to reduce the spread of radioactive contamination

Length of time each of the precautions should be in effect.