APPENDIX B

INSTRUCTIONS TO PATIENTS

FOLLOWING I-131 TREATMENT FOR HYPERTHYROIDISM

Below is a list of conditions, that if followed will minimize the exposure to other individuals after the administration of the radiopharmaceutical, NRC Regulation 10 CFR 35.75, states instruction should be given to a patient containing a radioactive material if it can be determined that the total dose equivalent to another individual will exceed 100 mrem. Using the calculation method as illustrated in NRC Regulatory Guide 8.39, it can be determined that the administration of:

_____ mCi of I-131 will result in total dose equivalent of: _____ mrem
(1 mCi = 8.84 mrem)

This value was determined based on the following assumptions:

1. Extrathyroidal uptake fraction and effective half-life are 0.20 and 0.32, respectively.
2. Thyroidal uptake fraction and effective half-life are 0.80 and 5.2 days, respectively.
3. Occupancy factor for the first component which is less than 8 hrs. is 0.75, and for the second and third components, it is 0.25 because:
   (a.) The effective half-life for the dominant component is greater than one day, and
   (b.) The patient agrees to the following conditions.

Conditions:

1. Maintain a prudent distance (about 6 ft.) from others for a least 2 days.
2. Sleep alone in a room for at least the first 2 nights.
3. Do not travel by airplane or mass transit or on prolonged automobile trip with others for at least the first 2 days.
4. Do not prepare food for others for at least the first 2 days.
5. Drink plenty of fluids for at least the first 2 days.

I have read and understand the above conditions that are designed to minimize radiation exposure to other individuals.

_____	_____	_____
Patient's Name	Patient's Signature	Date

_____	_____	_____
Technologist's Name	Technologist's Signature	Date