Hyperthyroidism Radioactive Iodine Ablation (RAI)
Patient Instructions

Preparation for treatment
1. Stop Multivitamin 4 weeks prior to treatment.
2. Stop anti-thyroid medication (PTU, Methimazole) 10-14 days prior to treatment (per your provider’s recommendation).
3. Begin lower iodine diet 4 weeks prior to treatment and follow very strict low iodine diet for 2 weeks prior to RAI treatment.

*****You cannot have a CT scan with iodine contrast during the preparation for the treatment. You may have an MRI if needed. ************

You will need to have labs drawn 48 hours prior to your treatment.

After treatment instructions
1. You may stop low iodine diet 24 hours after RAI treatment
2. You may restart your anti-thyroid medication 48 hours after RAI treatment.

You will need to have labs drawn 5 weeks after your treatment and schedule a follow up appointment 5 days after these labs are drawn.

❖ You cannot have close contact with small children, pets, etc for 72 hours following treatment
❖ You cannot get pregnant for 1 year following treatment

Other Instructions
If you have any further questions please direct them to the nuclear medicine department where you are having your treatment done.