Radioiodine (sodium I-131) is a form of radiation therapy that has been used for many years to treat thyroid conditions. It is safe and effective but requires you to observe certain precautions to decrease the small amount of radiation that other people may receive from your body and bodily fluids. Radioiodine stays in your body for only a short time. Most of the radioiodine that does not go to thyroid tissue will be eliminated from your body during the first few days after treatment. Radioiodine leaves your body primarily through your urine, but very small amounts can be found in your saliva, sweat and bowel movements.

For 2 days following your treatment:
- Use hard candy frequently

For 5 days following your treatment:
- Increase your fluid intake and empty your bladder frequently.
- Maintain a distance of six feet from others.
- Sleep in a separate room.
- If possible, use a separate bathroom. Flush the toilet twice after each use. Men must sit while urinating to avoid splashing.
- Wash hands thoroughly with soap and plenty of water after bathroom use. Rinse sink thoroughly after each use.
- Shower daily. Rinse shower thoroughly after each use.
- Use separate towels and bed linen. Wash clothes and bed linen separately.
- Use separate eating utensils and wash them separately after each use.
- Avoid physical activity and exercise that will cause sweating.
- Avoid kissing and sexual relations.

In addition:
- Stop breastfeeding; avoid impregnating or becoming pregnant for one year.
- You will be given a security and law enforcement notification sheet. Keep this with you for three months.

Plan on returning to work 5 days after your treatment. Occupations and working conditions vary between patients. A shortened return to work time may be possible depending on your situation.