

## Nuclear Medicine Information Leaflet

# Visiting a Patient Having Radioiodine or I131 MIBG Treatment on Brent Ward

This leaflet is for people visiting friends or relatives who are having Radioiodine treatment on Brent Ward.

Because the treatment involves the patient swallowing a radioactive substance that stays in their body for several days, you will receive a small dose of radiation when you visit. There are a few simple precautions we ask you to take to make sure that the risk to you is kept as small as possible.

Please read this leaflet carefully before you visit. If you have any questions, please contact us on the number above, before your visit.

### **WHO CAN VISIT?**

Only adults i.e. those over 18, may visit. This is because children are at a higher risk from radiation than adults. For the same reason, no pregnant women may visit.

### **HOW LONG CAN I STAY?**

Visiting time is limited to one hour per person per day.

### **WHAT PRECAUTIONS DO I NEED TO TAKE?**

The risk from radiation is in two forms – radiation from the radioiodine in the patient and radiation from contamination in the room.

To protect you from radiation from the radioiodine in the patient, there is a moveable lead screen in the room. Please keep this between you and the patient at all times.

Radiation leaves the patient in their sweat, urine and saliva. This means there is always some contamination in the room, no matter how careful the patient is. To protect you from this contamination, we ask you to wear a gown, hat, facemask, gloves and overshoes when you visit. These are thrown away when you leave the room taking any contamination with them. We would also ask you not to eat or drink in the room or to use the patient's toilet. Please don't touch the patient in any way.

Anything you take into the room with you may become contaminated so please don't take anything into the room. Please don't take anything out of the room when you leave.

When you leave the room, there will be a radiation monitor on the shelf outside the door. One of the staff will check that you are not contaminated.

### **IS IT SAFE TO VISIT?**

Providing you follow all the precautions above, the risks to you from visiting the patient will be very low. If you have any concerns after reading this leaflet, please phone us on the number above.