

I-131 MIBG Therapy Reducing Exposure: All Patients

In the days following radioactive MIBG therapy, you will need to take steps to prevent radiation exposure to others.

How do I prevent external exposure?

The radioactive medicine you received will gradually change to non-radioactive form. This process releases radiation, which is similar to an X-ray. The radiation emitted will decrease with time and will eventually be gone. You can reduce your exposure to other individuals by **increasing your distance** from them and **decreasing your time** spent close to them.

The following table lists the precautions for patients who received **I-131 MIBG** therapy and have been discharged from radiation isolation. The left column describes the precaution and the right column specifies the number of days you need to follow the precaution.

Precaution	Number of days
Sleep in a separate bed from other children or adults (greater than 6 feet separation).	7 days
Do not return to school or work.	7 days
Avoid prolonged (greater than 1 hour) close contact with children and pregnant women (greater than 3 feet away).	7 days
Maintain a 3 foot distance from others whenever possible.	3 days
Drink plenty of liquids (for example: water and juices).	3 days

Limit time spent in public places.	3 days
Do not travel by airplane or mass transportation.	3 days
Do not travel on a prolonged automobile trip (greater than 4 hours) with others.	3 days

How do I prevent internal exposure?

A small amount of the radioactive medicine that you have received could be transferred to other individuals through bodily secretions. The radiation exposure to others from such transfers is low, but following these steps for 3 days will help reduce it even more.

- Avoid mouth-to-mouth contact.
- Do not share items that come into contact with the mouth (examples: toothbrushes and eating utensils).
- Use separate or disposable eating utensils and wash them separately.
- Use a separate bathroom, if possible. Keep the toilet especially clean. Flush it three times with the lid down after each use. Keep small children away from the toilet area.
- Males should sit during urination.
- Shower and wash hands frequently (especially after using the toilet).
- Use separate towels and washcloths.

For questions please contact Dr. Yanik at (734) 232-9355 or Denise Regan at (734) 763-6445.

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