



## Cumbria Advisory Thyroid Service



### INFORMATION SHEET

## RADIOIODINE TREATMENT

Radioiodine treatment is usually recommended for the over activity of the thyroid gland, if the Anti-thyroid medication has failed to stabilise the gland. The treatment is fairly safe and has the advantage that you don't normally have to stay in hospital. You don't have the trauma of anaesthetic, surgery or scars on your neck or most of the complications associated with surgery.

However the disadvantages are that the treatment can take up to two months of work. **For about a week after the treatment you are Radioactive and must not come into close contact with babies or children and should not be within close proximity of other adults.** Another problem encountered is the treatment will stabilise the thyroid gland for a short while but it is quite common for the over activity to return again resulting in further treatment.

If two treatments have been unsuccessful surgery is usually recommended.

An important point to note is that Radioiodine treatment can balance your thyroid successfully, the a short while later some patients do swing into under activity and then need Thyroxine to balance the hormones up to normal again, thyroid disease can be very unpredictable in the course it takes, so you should always be guided by your specialist for treatment such as this.

This treatment is not usually given to patients who have Thyroid Eye Disease, Radioiodine treatment is given as a capsule or a drink at an out-patients clinic.

## C.A.T.S RECOMMENDS YOU ALWAYS SEEK YOUR DOCTORS ADVICE

### Disclaimer

***The purpose of this information leaflet is to help those suffering with thyroid disease. Whilst every effort is made to provide accurate information, it is impossible to ensure that the information given is relevant to every individual. No responsibility is accepted by CATS and it is recommended and essential, that if in any doubt about your condition, that you should always contact your doctor, specialist physician or surgeon to seek medical advice.***