



## Home Care and Radiation Safety Instructions

Owner Name: \_\_\_\_\_

Patient name: \_\_\_\_\_

Your cat will be treated with radio-iodine (I-131). You may notice some changes in your cat in the first month after he/she returns home. These changes are related to changing thyroid hormone (T4) levels. As the hyperthyroid cells die, T4 levels drop into low range – temporary hypothyroidism. This means that your cat’s metabolism will be lower for about 2-3 weeks. During this period, your cat may sleep more than usual, and will likely eat less – despite this decrease in appetite, your cat will continue to gain weight. After approximately 1 month, normal thyroid cells are reactivated, T4 levels return to normal, and activity and appetite levels will also be more normal. Some cats may shed more than usual during this period. Some cats may have a voice change, which is usually temporary, but may be permanent.

If you are a client who has been referred from another veterinary clinic, please return your cat to your regular veterinarian at 1 and 3 months after discharge, for T4 levels, kidney and liver panels, and complete blood count. These results should be faxed to the Riverview Animal Hospital. If you are a regular client of the Riverview Animal Hospital, please arrange follow-up appointments as described above.

The Canadian Nuclear Safety Commission (CNSC) requires that your cat remain in our facility for a minimum of 4 days after treatment, until measured radiation levels are below a specified level. You will not be permitted to visit your cat during this time due to federal regulations. The majority of the I-131 will be excreted while in hospital, but your cat will be emitting small amounts of radiation in urine, saliva and feces for 3-4 weeks after discharge. This level of radiation does not pose a significant health risk to you or your family, as long as the following radiation safety instructions are followed carefully. Your cat can interact with other household pets as normal. The main components of radiation safety are time, distance, and shielding. Your radiation exposure can be minimized by increasing the distance from your cat and decreasing the amount of time spent in close contact with him/her.

**Please read the following radiation safety instructions carefully:**

550 Pine Glen Road, Riverview, NB. E1B 4X2 - (506) 387-4015 (506) 387-7656 fax  
[www.riverviewanimalhospital.ca](http://www.riverviewanimalhospital.ca) ,  
info@riverviewah.ca



**For 10 days after your cat returns home:**

1. Please limit close contact (being within 1 foot of your cat) to 30 minutes per day.
2. Pregnant women and children under 12 years of age should not have close contact with or participate in the care of your cat (especially cleaning of litter).
3. Please do not allow your cat to sleep with anyone.
4. Wear disposable gloves when changing litter box, washing cat bowls, or cleaning up any bodily fluids. Dishes can be run through dishwasher safely, and beds can be washed in regular laundry.
5. The litter box should be kept in a room with as little human traffic as possible. Use clumping litter or disposable litter liners – flushable litter is acceptable if on municipal sewer, not suggested for septic systems. Scoop or change litter daily, wearing gloves. Place contents of litter into garbage bag, and store outside in unoccupied area. Collect litter over next 3-4 weeks, then dispose of in municipal garbage.
6. Wash hands immediately after handling litter or any fluids from your cat.
7. Your cat must remain inside for 1 month after discharge to avoid environmental contamination.
8. If your cat has a history of house soiling, he/she may not be a good candidate for I-131 treatment.

I understand that if I cannot comply with any of the above precautions for any reason, radio-iodine therapy will not be performed on my cat.

Owner signature \_\_\_\_\_

Date \_\_\_\_\_

Witness signature \_\_\_\_\_