

LOW IODINE DIET FOR PATIENTS RECEIVING I 131

Follow a low iodine diet beginning at least **1 week prior** to radioiodine administration and continuing until **at least 24 hours after** ablation or treatment with radioiodine. The sensitivity of whole body scan is also improved if on low iodine diet prior to administration of radioiodine tracer and during imaging and subsequent treatment if needed.

Iodine Containing Diets

- Vitamins and food supplement containing iodine- check the label. If Iodine is present do not take
- Bright red foods, pills or capsules- some red food dyes contain iodine
- Iodized salt check the label
- Very salty food potato chips, pretzels, salty nuts etc.
- Kelp or seaweed- very high in iodine, common in Asian food specially Japanese
- Ocean fish or shell fish- these are particularly high in iodine.
- Milk, ice cream and yogurt- you may have small amount of milk in coffee, or with cereals
- Eggs
- Tea including herbal tea and commercial lemonade
- Instant coffee
- Cured or spicy meats-bacon, ham, sausage, salami etc
- Commercial white bread, rolls, pizza and chili
- Canned fruits and Vegetables
- Spinach, broccoli and potato

Other Foods including the following is not a problem

- Fresh meat is OK
- Homemade or local bakery Bread, whole wheat, rye, cracked wheat
- Home Made Pizza
- Fresh and Frozen Vegetables except for spinach, Broccoli and potato
- Non-Instant Coffee
- Hard Cheese

INTERFERING FACTORS IN RADIOIODINE TREATMENT AND IMAGING

Please allow following time period before giving Radioactive Iodine

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| Lugol, SSKI | 2 weeks |
| X ray Contrast IV | 1-2 months |
| IV Pyelogram/angiogram | 1-2 months |
| Gallbladder Agents | 3-6 months |
| Oil based Iodinated Contrast | |
| Bronchogram | 6-12 months |
| Myelogram | 2-10 years |
| Antithyroid Drugs PTU, Tapazole and Perchlorate | 1 week |
| Thyroid Hormones, synthroid, cytomel | 3 weeks |
| Amiodarone | 1 week |
| Betadine | 2 weeks |
| Some Cough and vitamin preparations | 2 weeks |
| Food Containing Iodine | 2 weeks |