



**SAGE**  
VETERINARY CENTERS



## **Radioactive Iodine Therapy Patient Release Instructions**

While we are waiting for the radiation levels to decline a specially trained staff member will be caring for your cat and they will keep you updated on how your cat is doing while in the hospital.

After being released from therapy, your cat will still possess a small amount of I-131 that will be excreted primarily in urine and feces. The I-131 in the cat is radioactive and is a source of radiation to members of your household. You don't need to totally isolate your cat from people or pets, but you must follow these safety precautions, which are required by the California Department of Health Services to keep public doses below the state limits. The dose you and your family will receive is kept low by spending as little time as is possible with your cat and by keeping the maximum distance between people and your cat during the first two weeks it is at home. They must be kept indoors and must use a litter box.

**If you have questions please call us at:  
650-417-7243 or email us at:  
thyroidcats@SAGECenters.com.**

- Put plastic liner in the cat's litter box before adding litter (if the cat shreds the liner, do not use one but discard litter into toilet and flush). Follow the manufacturer's instructions on the package. The litter must be disposed of in the toilet. Do not discard the litter in trash. The radioactive material your cat excretes will set off an alarm at a waste site and may result in an investigation by a regulatory agency.
- If your cat vomits, defecates, or urinates outside the litter box, wear the rubber gloves & use normal cleaning procedures. When possible, use flushable tissue for the cleanup. Thoroughly wash all non-flushable items before disposal.
- Pregnant women or minors should not change the cat litter boxes.
- Close contact with your cat may transfer radioactive material to you or your family. Avoid any snuggling and face or hand contact with your cat's saliva & footpads.
- Do not permit your cat to sleep with you. The annual public radiation dose limit may be exceeded in only four hours of holding the cat in your lap. Keep your cat in its crate or in an unoccupied room at night. Hold, pet & stroke your cat only for short periods, then wash your hands. Do not hold the cat in your lap because, this increases the dose to your gonads. Wear rubber gloves to pill the cat, if needed. Limit your contact to no more than ½ hour per day at 1 foot and 2 hours at 3 feet of distance. This amount of attention will satisfy your cat's emotional needs. It will keep your exposure to radiation below one-half of the limit.
- Keep your cat away from food preparation and eating areas.