

Your appointment for overactive thyroid treatment

Information and advice for patients

Nuclear Medicine Department

Finding the department

The department is situated beside the X-ray department at City Hospital. From the main hospital entrance (next to A&E entrance), go past the Archers food outlet to the main corridor and X-ray is signposted on the right. The Nuclear Medicine Department is then signposted through X-ray. Follow the blue line on the floor that starts at the X-ray reception.

Directions to the hospital can be found on our website:

<http://www.swbh.nhs.uk/contact-locations/find-us/birmingham-city-hospital/>

Getting to the hospital

Bus routes 82, 83, 87 and 89 stop just outside on Dudley Road.

Bus routes 11 and 40X stop, just around the corner, on Aberdeen Street.

The Midland Metro Tramline connects with the number 11 route at the Winson Green stop.

Parking

Parking is available in front and behind the Birmingham Treatment Centre from Dudley Road, respectively. You will need to pay for 2 to 3 hours parking, payable after you have finished your appointment.

Further information and charges are on our website:

<http://www.swbh.nhs.uk/patients-visitors/before-you-arrive/car-parking/>

About your treatment

Your thyroid produces a hormone that controls how active the cells in your body are. When it is overactive, it produces too much hormone. This condition is called Thyrotoxicosis. Your body will be working harder than necessary even when you are resting.

Radioactive iodine comes in the form of a capsule which is swallowed with a cup of water. The capsule dissolves in the stomach and gets into the bloodstream. The iodine is taken up by the thyroid gland.

The iodine releases energy which knocks out some of the cells in the thyroid gland. The amount of hormone produced by the thyroid is reduced.

If you have any further questions about your treatment, please do not hesitate to get in touch with your consultant or the Nuclear Medicine Department at City Hospital.

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Alternatively, the below websites provide further information about your treatment:

NHS

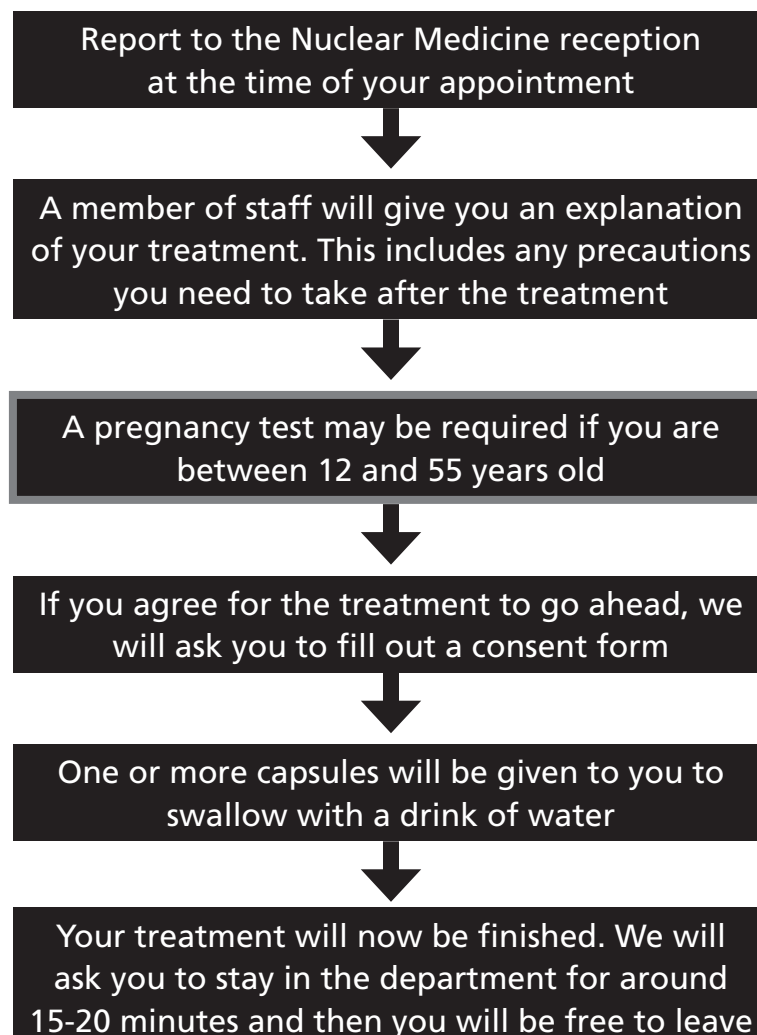
<https://www.nhs.uk/conditions/overactive-thyroid-hyperthyroidism/treatment/>

British Thyroid Foundation

<https://www.btf-thyroid.org/treatment-of-an-over-active-or-enlarged-thyroid-gland-with-radioactive-iodine>

(Websites checked 17/05/2021)

What happens on the day of treatment?



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Can I bring a relative or friend with me?

Yes. Please do not bring anyone less than 18 years old. Preferably, only bring one person.

If you have a carer, please ask them to come along to the appointment.

How long does it take?

We usually allow 45 minutes to 1 hour for these appointments. It may take longer if there are special circumstances for you or the patient that is being seen before you.

Do I need to prepare for the appointment?

If you take drugs to treat your thyroid (Carbimazole or Propylthiouracil or PTU), you must stop taking them for one week before your appointment for treatment.

Please have a light lunch only prior to your treatment. Avoid eating any foods or supplements which are high in iodine in the days leading up to your treatment e.g. fish, seaweed or seafood.

Please contact Nuclear Medicine on 0121 507 4427 prior to your appointment to discuss your restrictions after therapy. This will depend on your personal situation. Please let us know if you suffer from incontinence. It may be possible to proceed with your treatment, but we may put extra precautions in place.

What about pregnancy?

If you are pregnant, we cannot provide this treatment. You must also avoid becoming pregnant for 6 months after this treatment.

Male patients must avoid fathering a child for 6 months after this treatment.

What about breast feeding?

You must not breastfeed or express milk after this treatment. Please contact the department if you are breastfeeding or expressing milk for further advice.

What will be the outcome of my treatment?

Around 2 out of 3 patients will become hypothyroid (underactive thyroid) after treatment.

If you become hypothyroid you will be treated with a thyroid hormone replacement such as thyroxine tablets.

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Approximately 1 in 3 patients will become euthyroid (normal thyroid function) and will not require any further treatment.

Around 1 in 20 patients will remain hyperthyroid (overactive thyroid) after treatment and your clinician will discuss future treatment options with you.

Will there be any side-effects?

You may experience some symptoms of hyperthyroidism after you stop taking your anti-thyroid medication. This may include:

- Weight loss
- Increased appetite
- Diarrhoea
- Tiredness
- Shortness of breath
- Fine tremor
- Heat intolerance
- Excessive sweating
- Palpitations
- Sleeping poorly
- Emotional instability
- Nervousness

You may also experience the following symptoms as a result of this therapy:

- Neck discomfort
- Aching
- Rashes
- Nausea
- Stomach pain
- Sore throat
- Swollen thyroid

You should see a GP if your symptoms become unpleasant.

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Do I need to do anything after the treatment?

On the day of the treatment, you should avoid journeys by public transport lasting over 1 hour. You may drive or be driven in a private car but this should be limited to one other person who should sit in the seat diagonally opposite.

You must also follow the below instructions:

Restriction		Restriction timescale				
		2 days	7 days	14 days	25 days	12 weeks
Sit whilst going to the toilet and flush more than once		✓				
Avoid sharing cups, towels and eating utensils		✓				
Avoid contact (>1 hour) with adults including public entertainment (pub, church, temple, cinema, cafe, etc.)			✓			
Separate sleeping arrangements				✓		
Avoid prolonged contact with children / pregnant women	Essential contact			✓		
	Non-essential contact				✓	
You may trigger airport alarms						✓
Return to work	Work spaces >1 metre away from other adults			✓		
	Working with children / close contact with other adults				✓	

The length of time before you can return to work or travel abroad will depend on your particular situation. **Please contact Nuclear Medicine to discuss your individual needs.**

You should take special care with your hygiene after your treatment. You should regularly wash your hands and avoid spitting. Keep yourself well hydrated for the first few days after treatment and use the bathroom often. Please contact Nuclear Medicine immediately if you experience incontinence after your treatment.

Wherever possible, you should maintain a 2 metre distance from other adults for the first 7 days after treatment and 14 days for children.

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Follow-up

Your specialist will arrange to see you once you have had the treatment. This might be about 6 – 12 weeks after your treatment. You will have a blood test about a week before the follow-up appointment.

Contact details

If you have any queries, you can contact your consultant (specialist hospital doctor) who saw you in clinic and advised this treatment. For specific queries about the dose and precautions, please call the Nuclear Medicine Department at City Hospital

Nuclear Medicine 0121 507 4427 (2pm – 5 pm, weekdays)

General Information

Tel: 0121 507 4427 (Nuclear Medicine main office)

If you would like to suggest any amendments or improvements to this leaflet please contact SWB Library Services on ext 3587 or email swbh.library@nhs.net.



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