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## **INSTRUCTIONS PRIOR TO RADIOACTIVE IODINE PROCEDURE:**

1. Any thyroid replacement therapy (Thyroxin, Levo-thyroxine, etc.) should be discontinued for six weeks prior to radioactive iodine procedure.
2. The radioactive iodine procedure will not be performed if iodinated IV contrast was administered within the last six weeks.
3. For those patients who must be taken off thyroid replacement therapy, another medication called Cytomel, (which is the active form of thyroid hormone), which can be used to prevent symptoms of hypothyroidism (during the time period when the patient can not take the normal thyroid replacement medication). This option can be discussed with the patient's physician.

## **BEFORE RADIOACTIVE IODINE PROCEDURE:**

1. The patient should be on low iodine diet for two weeks (14 days) prior to receiving radioactive iodine. The total quantity of iodine should be limited to 20 micrograms (mcg) per serving.
2. Many foods contain significant iodine, which will make any radioactive iodine procedure less effective.

## **FOODS TO AVOID PRIOR TO RADIOACTIVE IODINE PROCEDURE:**

1. Iodized salt, sea salt and any foods containing significant iodized salt and sea salt.
  2. Seafood and sea products (fish, shellfish, seaweed, seaweed tablets and other sea-based foods or ingredients).
  3. Dairy products of any kind (milk, cheese, yogurt, butter, ice cream), egg yolks, or whole eggs or foods containing whole eggs.
  4. Baked goods containing iodine/iodine dye conditioners or high iodine ingredients. Low iodine homemade and commercial baked goods are fine.
  5. Red dye #3.
  6. Chocolate. Cocoa powder and dark chocolates are allowed as these contain no mild products.
  7. Molasses if containing sulphur, such as, black strap molasses. The more common un sulphured molasses is fine. Sulphur, a term commonly used on labels, is not related to iodine and is fine.
  8. Soybeans and soybean products, including tofu, soy milk, soy sauce, or TVP. Some other beans, including red kidney beans, lima beans, navy beans, pinto beans and cowpeas should also be avoided.
  9. Iodine containing vitamins, like multivitamins and food supplements.
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## SUGGESTED DIET

While this may seem to exclude many foods that are commonly eaten, there are *still plenty of foods that a person can eat* that do not contain iodine. These include:

1. Fruits, vegetables (raw or frozen without salt, except soybeans, and a few other beans).
  2. Unsalted nuts and unsalted nut butters, egg whites, fresh meats up to six (6) ounces a day
  3. Grain and cereal products up to four (4) servings a day.
  4. Pasta.
  5. Sugar, jelly, ham, honey, maple syrup.
  6. Black pepper, fresh or dried herbs and spices.
  7. Oils.
  8. Sodas (except those containing red dye #3).
  9. Some allowable easy quick meals include grilled fresh meat, vegetables, fresh fruit, baked apples, salad topped with grilled chicken or beef with oil and vinegar dressing, sandwich with matzo crackers, and peanut butter and jelly sandwiches.
  10. Some easy snacks include fresh juice or fruit, applesauce, dried fruits, such as, raisins, fresh raw vegetables, popcorn, unsalted nuts, sodas, unsalted peanut butter or nut butters, unsalted matzo crackers, homemade low iodine bread or muffins.
  11. A very good website which contains a free downloadable low iodine cookbook is [www.thyca.org](http://www.thyca.org).
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