



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 they return 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 level 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.

Please return your cat to your regular veterinarian at 1 and 3 months after discharge, for T4 levels, kidney and liver panels, as well as a complete blood count and urinalysis. These results should be emailed to Riverview Animal Hospital at info@riverviewah.ca.

The Canadian Nuclear Safety Commission (CNSC) requires that your cat remains in our facility for a minimum of 4 days after treatment until measured radiation levels are below a specific 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 fees 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 them.

Please ensure you carefully read the radiation safety instructions on the next page.

For the following 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 the age of 12 should not have close contact with or participate in the care of your cat (especially cleaning the litter).
3. Please do not allow your cat to sleep alongside anyone.
4. Wear disposable gloves when changing the litter box, washing cat bowls, or cleaning up any bodily fluids. Dishes can be run through the 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 or disposable litter liners – flushable litter is acceptable if on municipal sewers, not suggested for septic systems. Scoop or change the litter daily, wearing gloves. Place contents of litter into a garbage bag and store outside in an unoccupied area. Store litter over the 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, they 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: _____ Date: _____