

## **Information Sheet for the Preparation of Inpatient Admission for Radioiodine Therapy at the Inpatient Ward of the Clinical Department of Nuclear Medicine at the AKH – Vienna**

Dear Patient,

You are scheduled for radioiodine therapy. We would like to provide you with some information to help you better plan for the period leading up to your therapy and your stay with us. It is also important that you follow certain guidelines to ensure the best possible conditions for your treatment!

Please follow a low-iodine diet for 2 weeks prior to your admission. For this purpose, you can obtain iodine-free (non-iodized) salt from a pharmacy or health food store, which you should use to prepare your meals at home. Avoid ready-made products (frozen vegetables without additives are allowed) and try not to eat out during this time, as these meals are usually prepared with iodized salt. Also, avoid sea fish, seafood, and dietary supplements (e.g., multivitamins, Schuessler salts...). Do not use "Vegeta" for seasoning, as it contains a high amount of iodized salt.

During this period, also ensure that no iodine-containing disinfectants (e.g., Betaisodona® ...) are used during doctor visits.

If you have had a contrast agent administered in the last 3 months, please inform the doctor during your registration or on the day of admission.

Your inpatient admission will take place at: the General Hospital of the City of Vienna (AKH - Vienna) - Währinger Gürtel 18-20; 1090 Vienna - at the University Clinic for Radiology and Nuclear Medicine, Clinical Department of Nuclear Medicine - at the ward 03 T. If you are coming from the U-Bahn station Michelbeuern, walk through the main entrance hall (Level 5), take the elevator or escalator two floors down, and go to Leitstelle 3 L. This is the Nuclear Medicine outpatient clinic. From here, follow the signs towards "Bettenstation" (ward). Once you arrive, you will need to ring the bell to gain access to the ward.

If you have already received an admission slip, please register at the admission office before coming to the ward. This office is located on Level 5, opposite the Spar. You will need your admission slip, your e-card, and a government-issued photo ID.

Please come for admission at 08:00, fasting (as a blood sample will be taken). Do not take any thyroid hormone on the day of admission. All other medications you need can be taken with a sip of water. You are welcome to bring personal items with you. Since you will need to stay in your room after taking the capsule (due to the radiation you will emit from the time of capsule ingestion), we recommend that you bring enough "entertainment" (books, craft supplies, yoga mat, laptop, mobile phone, etc.), but please keep in mind that you will be sharing your room with another person who also needs space. Please refrain from bringing large items, such as a full PC with a monitor, as we do not have the technical capacity for such items – we thank you for your understanding!

If you need internet access during your stay, please notify the admission office upon registration. You will receive the necessary access information there.

We will provide you with a nightgown or pajamas and 2 towels daily. Please bring all other personal items (toiletries, cosmetics, clothing, etc.) that you will need during your stay.

The inpatient stay is expected to last 5–8 days, depending on how much radiation you continue to emit to your surroundings. Once you have reached the discharge value, we will inform you, arrange for the final examination, and prepare for your discharge.

For radiation protection reasons, visitors are strictly prohibited during your stay. As long as you have not yet received radioactivity, you may leave the ward with the consent of the medical staff and stay within the AKH premises.

As there will still be a small residual activity on the day of discharge, we will inform you whether you need to be picked up privately or if you may use public transport. There is also the option of home transport by ambulance if necessary.

We recommend taking an additional week of sick leave after your inpatient stay.

Upon discharge, you will receive personalized recommendations on how to behave during the first few days at home!

We hope that this information will help you plan your stay with us. If you have any further questions, the nursing team of Ward 03 T will be happy to answer them. You can reach us at the phone number: 01/40400/55660.

Kind regards,

The Doctors and Nursing Team of Ward 03 T