Medication Names

Prototype Med	Radioactive Iodine
	Iodine 131

ACTION: The thyroid gland absorbs radioactive iodine, which gradually destroys thyroid tissues and the function of the thyroid gland.

Therapeutic Use

Hyperthyroidism (Graves' disease)

Thyroid cancer

Adverse Drug Reactions

Hypothyroidism (expected for most clients, but still requires drug thera- py)

Bone marrow depression (rare)

Radiation sickness (rare)

Nursing Interventions

Monitor thyroid function.

Monitor for indications of thyroid dysfunction (drowsiness, depres- sion, weight gain, edema, bradycardia, anorexia, cold intolerance, dry skin, menorrhagia).

Monitor CBC and platelet count at baseline and periodically thereafter.

Monitor for indications of anemia, leukopenia, and thrombocytopenia.

Monitor for manifestations of radiation sickness (hematemesis, epistax- is, intense nausea, vomiting).

Drug Administration

Give orally.

Obtain a negative pregnancy test before administration.

Measure baseline vital signs and weight and monitor periodically there- after.

Dosage is miniscule for thyroid disorders, larger for thyroid cancers

Initiate radiation precautions for large doses (limited contact, increased fluids, body waste disposal per facility protocol).

Patient Education

Watch for and report anxiety, drowsiness, depression, weight gain, swelling, slow heart rate, appetite loss, cold intolerance, dry skin.

Report fever, sore throat, weakness, or fatigue.

Report bloody vomit, nosebleeds, or severe nausea and vomiting.

Contraindications

Pregnancy: teratogenic effects

Lactation

Precautions

Children prior to puberty

Interactions

Other antithyroid drugs reduce uptake.