



## WHAT IS THERACAP $^{131}\text{I}$ <sup>®</sup> SODIUM IODIDE?

- A therapeutic radiopharmaceutical used in the treatment of some cancers of the thyroid gland
- Prescribed by your hospital doctor specializing in nuclear medicine
- This treatment is handled and administered by a trained and qualified hospital healthcare professional



- Yellow gelatin capsule




- The capsule is stored for 22 days from its date of manufacture, in its original container, at a temperature not over 25°C.



- Wash your hands thoroughly after administering this medicine because your blood, stools, urine or any vomit may be radioactive for a few days.
- Avoid close contact with young children and pregnant women for at least a week.

## HOW TO TAKE THIS MEDICINE?

<b>When ?</b>	.....h..... <b>= 1 take on an empty stomach</b> (at least 2 hours after a meal), <b>in a protected room</b>
<b>How ?</b>	 Swallow the capsule whole, with a large glass of water according to the information given by health professionals. Do not chew or crush. After swallowing the capsule, drink lukewarm drinks and urinate frequently.

You can help yourself with the **tracking book** and a **calendar** to spot the takes.  
Never stop or change the rhythm of takes of your treatment without your doctor's advice.

\*\* This file is not a prescription, please refer to your latest prescription

## WHAT TO DO IN CASE OF VOMITING?



- In case of vomiting, the risk of radioactive contamination must be taken into account.

## INTERACTIONS WITH MEDICINES AND/OR FOOD



Check with your **doctor and your pharmacist** that the medicines (with or without prescription) and/or other substances (food, plants, probiotics, essential oils, food supplements...) and by-products that you are using are **compatible with your treatment**. The molecules they contain, their measuring and consuming frequency may interact with your treatment and condition its efficiency.












- You and your partner must use efficient contraceptive methods (condoms and another method) during the treatment and up to **12 months** after the last take
- Stop breastfeeding **8 weeks** before administering the treatment and do not resume it.

Fertility in women and men may be affected during treatment with iodure ( $^{131}\text{I}$ ) de sodium. Your doctor can inform you about the possibility of preservation of fertility before initiation of treatment.

\*Tracking book available on the sites [www.omeditbretagne.fr](http://www.omeditbretagne.fr) or [www.omedit-paysdelaloire.fr](http://www.omedit-paysdelaloire.fr)

# WHAT SIDE EFFECTS MAY OCCUR WITH THERACAP<sup>131</sup>® IODURE DE SODIUM ?

Like all medicines, sodium iodide may infer side effects, but you may not experience any.

Side effects	Prevention
 <p>Loss of smell, smell disorders</p>	Stimulate your cognitive functions which associate memory with smell, by training yourself to smell everyday odors such as fairly strong perfumes (vanilla, cloves, specific essential oils, etc.). Wash your nose daily with physiological serum.
 <p>Nauseas, vomiting, loss of appetite, taste disturbances</p>	Make several small light meals during the day, and eat slowly. Avoid greasy, fried and spicy food, as well as those whose smell may trigger nausea. Rather drink between meals (fresh, sparkling water help diminish nausea). Avoid staying on an empty stomach as this increases nausea. Do not lie in bed within 30 minutes after a meal. In case of vomiting, take the antiemetic medicines you have been prescribed.
 <p>Mouth dryness</p>	Use a soft toothbrush and a menthol-free toothpaste without additive. Hydrate your lips (ask your pharmacist for advice, especially if you have an oxygenotherapy treatment) and stimulate your saliva (ice cubes, sorbets). Favor blended food and liquids. Avoid alcohol, tobacco, coffee, and acid, salted, spicy, irritating and crushy food. Use mouthwashes that do not contain alcohol.
 <p>Decrease in red blood cells, white blood cells and platelets</p>	<p><b>Decrease in red blood cells</b> : contact your doctor in case of paleness, short breath during effort or even at rest, persistent fatigue, heart throbs, dizziness and head aches.</p> <p><b>Decrease in white blood cells</b> : contact your doctor in case of a temperature &gt; 38°C, shivers, sweats, cough, short or painful breathing, diarrhea with fever, or any sign of infection.</p> <p><b>Decrease in platelets</b> : contact your doctor in case of an outbreak of small red dots on the skin, bruises, nose bleedings, small eye or gum hemorages, blood in urine or motion.</p>
 <p>Conjunctivitis, eye dryness</p>	Avoid dry atmospheres (place dehumidifiers and ventilate the rooms), smoky places, and tobacco. In case of computer work, take regular rests and blink your eyes at regular intervals. Drink 1,5-2 litres of water/day and favor essential fatty acid intake (fat fish, rapeseed oil, nuts, green-leaved vegetables)
 <p>Difficulty breathing (cough, shortness of breath)</p>	Make abdominal breathing exercises and relaxation exercises (sophrology, yoga, tai-chi). Spare yourself by planning your everyday activities. Avoid factors which may trigger shortness of breath (tobacco, perfume, animal hair...). Contact your doctor in case of persisting symptoms, pain in the chest, or fever.
 <p>Fatigue, head aches</p>	Drink in sufficient quantity (1,5-2l water/day) and have a healthy feeding at regular hours. Limit having psychostimulants (coffee, tobacco, alcohol). Respect moments of rest during the day, while remaining active, even moderately. Go to bed at a regular hour; avoid late bedding and staying in. Be prudent if you have to drive.
 <p>Only some of the most frequent side effects mentioned above. For further information, please refer to your medicine leaflet or ask your doctor or pharmacist for advice. You can also ask your question to <a href="https://www.signalement-sante.gouv.fr">center for side effects monitoring</a> or notify any side effect on the following site : <a href="https://www.signalement-sante.gouv.fr">signalement-sante-gouv-fr</a></p>	
 <p>In all cases, remember to make the biological tests prescribed by your doctor.</p>	

## WHAT TO DO IN CASE OF SIDE EFFECT(S) ?

- Take the medication prescribed for side effects in accordance with the doses.
- Respect measures of prevention.

Useful contacts :

**Promptly contact your doctor** in case of :

- Signs of infection (fever, cough, chills, urinary burning...)
- Cough, shortness of breath, chest pain or difficulty breathing
- Irritation or inflammation of the eye (red eyes, eye pain, blurred vision, tearing, sensitivity to light...)
- Any persisting or worsening side effects.



Remarks :

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