Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Recombinant Human TSH and Radioactive Iodine Treatment: 3-Week Regimen

This information describes the 3-week regimen for your recombinant human thyroid stimulating hormone (TSH) regimen. A regimen is a course of treatment.

Treatment with radioactive iodine helps lower the risk that your thyroid cancer will come back. It's also used to treat thyroid cancer that has spread.

Your nurse will give you more information about how to get ready for your treatment, and what to expect during and after your treatment.

Follow a Low-Iodine Diet

You will need to follow a low-iodine diet before your regimen. Your nurse will give you a resource called *Low-Iodine Diet* (www.mskcc.org/pe/low-iodine-diet) that has more instructions on how to do this.

Start following the low-iodine diet ___ days before the first day (day 1) of your regimen.

Drink at least 8 (8-ounce) glasses of caffeine-free liquids every day. The liquids should include water and other drinks listed in the low-iodine diet guidelines.

Regimen Schedule

During the first week of your regimen, you will come to the hospital Monday through Saturday. You will have blood tests, scans, and injections (shots) of recombinant human TSH.

During the second week of your regimen, you will receive your treatment.

During the third week of your regimen, you will have a post-treatment scan. A staff member in the Molecular Imaging and Therapy Service (MITS) will set this up for you. MITS is sometimes called the Nuclear Medicine service.

The following is a typical regimen schedule:

Week 1 Diagnostic Testing (Monday through Saturday)	**Day 1** (2 to 3 hours) •Blood tests •Recombinant human TSH injection
	Day 2 (30 to 60 minutes) •Recombinant human TSH injection
	Day 3 (4 to 6 hours) •Blood tests •Diagnostic dose of radioactive iodine •Radiation measure
	Day 4 (90 minutes) •Blood tests •Scan •Radiation measure
	Day 5 (90 minutes) •Blood tests •Scan •Radiation measure
	Day 6 (90 minutes) •Blood tests •Scan •Radiation measure

Week 2 Treatment (May start Tuesday, Wednesday, or Thursday)	**Day 1** (30 minutes) •Recombinant human TSH injection
	Day 2 (30 minutes) •Recombinant human TSH injection
	Day 3 •Treatment dose of radioactive iodine •Scan
Week 3 Follow-up (This will be scheduled for you after your radioactive iodine treatment.)	Post-treatment scan

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

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