Memorial Sloan Kettering Cancer Center

PATIENT & CAREGIVER EDUCATION

Recombinant Human TSH and Radioactive Iodine Treatment: 2-Week Regimen

This information describes the 2-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 have blood tests, scans, and injections (shots) of recombinant human TSH. You'll also receive your treatment.

You may be admitted to the hospital for treatment. If you're admitted, you will be discharged from the hospital when the amount of radioactivity in your body is low enough so that it's safe for you to leave. If you're not admitted, your radiation safety officer will give you more instructions at the time of treatment.

During the second 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 table shows an outline of what you can expect to happen, and when it will happen during your regimen. If you have any questions about your regimen, talk with your healthcare provider.

Week 1 May start Monday, Tuesday or Wednesday	**Day 1** (2 to 3 hours) • Blood tests • Recombinant human TSH injection	
	Day 2 (30 to 60 minutes) • Recombinant human TSH injection • Diagnostic dose of radioactive iodine	
	Day 3 (6 to 8 hours) • Scan • Treatment dose of radioactive iodine	
Week 2	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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