

After taking your cat home from our radioiodine unit

A. Safety precautions for you and your family at home

Your cat will have excreted almost all of the injected radioiodine over the six to 10 days in our unit, but will still be minimally radioactive after discharge. Even though the level of radioactivity is very low, you must still follow these safety precautions for **two weeks** after your cat comes home:

1. You must keep your cat indoors and it must use a litter box.
2. Your cat cannot be on your bed with you overnight, and you must limit the amount of time you spend in close proximity to your cat, e.g., cuddling or on your lap, during the day. You can stroke your cat at an arm's-length distance as much as you like.
3. Your cat should not be able to come close to children under 12 years old or women who are, or might be, pregnant, or who are breast feeding.
4. Because the residual radiation is passed out in urine and faeces, you will have to take special precautions with the cat litter:
 - The litter tray needs to be where children under 12 years will not come close to it, and should not be cleaned out by children, pregnant women or women who are breast-feeding.
 - Wear disposable gloves when scooping out or changing the litter and wash your hands after doing so (and when cleaning up vomit or any elimination outside the litter tray).
 - During the two-week period, you must **never** put used litter in the regular rubbish. Either flush the soiled litter down the toilet or store all the soiled litter from this two-week period until a month after the end of the two-week period, so giving time for its radioactivity level to decay. If you choose to flush the litter, particular brands are suitable for this purpose, e.g., World's Best Cat Litter clumping formula or Cat's Best Nature Gold, and your plumbing must be in good working order. If you choose to store the litter, it will need to be stored in a bin outside in your garden, or in an outbuilding such as a garage or shed, and where children will not come close to it. One month after the end of the two-week period, it can be disposed of in your regular rubbish collections.
 - At the end of the two weeks, wash the litter tray and any litter scoop with soapy water, and flush that water down the toilet.

If you cannot meet any one or more of the above requirements, your cat must stay with us for this additional two-week period. In that case, your cat will be housed in our boarding cattery.

B. The hazard level of your cat after discharge

The amount of radiation remaining in your cat is extremely low. The amount of radiation you might receive from your cat in this two-week period is, very roughly, about the same as the average UK resident receives from a month or two of natural background radiation, similar to that you would receive on a trans-Atlantic flight, and far less than you would receive if you had a CT scan. Your cat's radioactivity level will be much lower than that of human patients discharged from hospital after radioiodine treatment, and if one of your family were to receive radioiodine therapy, the restrictions after treatment would be much less severe. However, it is important that you follow these safety procedures because, while human patients always flush their waste down the toilet, so removing any radioactive contamination from the home, cats kept indoors generally use a litter box, so the radiation stays in the home. These precautions are a cautious and conservative approach, and if you follow our instructions, you and your family will receive almost no exposure whatsoever.

Sign here to confirm that you are able to, and will, meet all the requirements described above for the two weeks after your cat goes home:

- Your cat will be kept indoors
- Your cat will not be on the bed with you overnight
- You will limit the time you spend cuddling your cat or with your cat sitting on your lap.
- Your cat will not be near children under 12 years old, or pregnant or breast-feeding women.
- You will observe the precautions laid out above regarding cat litter, in particular not putting any cat litter in the regular rubbish collections in the two-week period and instead either flushing it down the toilet or storing it until a month after the end of the two-week period.

Name: _____

Signature: _____

Date: _____

C. Long-term follow-up of your cat's health

Your cat should be checked by your own vet 2-3 months after discharge to assess progress, including thyroid-hormone level, kidney function and weight. After that, we leave it to your vet to determine any further monitoring, although they can contact us any time for advice.