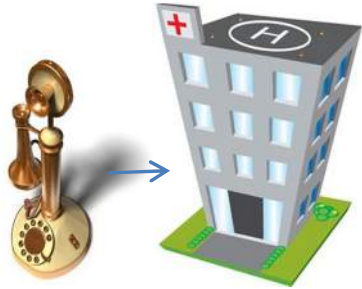


THYROID CANCER PROTOCOL #1 (INITIAL)



Contact Nuclear Medicine to arrange for scan and treatment



Low Iodine Diet
Stop thyroid pills if using any



- Blood work every week
- 2 days after EACH blood work, Call our office to check if you are ready for scan and treatment



Return to us to continue working on it



3 days after Blood work

Blood work once

4 weeks after starting Levothyroxine



Start Levothyroxine

3 days after scan and treatment



Call Nuclear Medicine to tell them you are ready; then go there to get scan and treatment

THYROID CANCER PROTOCOL #1 (INITIAL)

1. START LOW IODINE DIET.
2. STOP THYROID PILLS IF USING ANY.
3. HAVE TSH, FREE T4, THYROGLOBULIN AND THYROGLOBULIN ANTIBODIES DONE EVERY WEEK, AND CALL 2 DAYS AFTER EACH TEST TO SEE IF READY FOR WHOLE BODY SCAN
4. WHEN READY, HAVE I-131 WHOLE BODY SCAN DONE, THEN PROCEED WITH I-131 THYROID ABLATION TREATMENT
5. 3 DAYS AFTER THE SCAN AND THE ABLATION TREATMENT, START LEVOTHYROXINE AT A DOSE OF 150 MCG DAILY.
6. THEN DISCONTINUE LOW IODINE DIET
7. THEN DO TSH, FREE T4, THYROGLOBULIN AND THYROGLOBULIN ANTIBODIES TESTS 4 WEEKS AFTER STARTING LEVOTHYROXINE, AND RETURN TO OUR OFFICE SHORTLY AFTER THAT TEST (AROUND 2 MONTHS FROM NOW)

Low-Iodine Diet Guidelines — Summary

ThyCa: Thyroid Cancer Survivors' Association, Inc.SM

For details, & the ThyCa Free downloadable Low-Iodine Cookbook with over 340 delicious recipes, visit www.thyca.org

Key Points

- This is a Low-Iodine Diet, NOT a No-Iodine Diet or an Iodine-Free Diet. The goal is under 50 mcg iodine per day.
- The diet is for a short time period, usually for the 2 weeks (14 days) before a radioactive iodine scan or treatment.
- Avoid foods high in iodine (over 20 mcg per serving). Eat any foods low in iodine (up to 5 mcg per serving). Limit the quantity of foods moderate in iodine (5 to 20 mcg per serving).
- Read the ingredient lists on labels of packaged foods. Check with your physician about medications you're taking.

Not Allowed—

Avoid These Foods and Ingredients

- Iodized salt, sea salt, and any foods containing iodized salt and sea salt.
- Seafood and sea products (fish, shellfish, seaweed, seaweed tablets, carrageenan, agar-agar, alginate, nori and other sea-based foods or ingredients).
- Dairy products of any kind (milk, cheese, yogurt, butter, ice cream).
- Egg yolks or whole eggs or foods containing whole eggs.
- Bakery products containing iodine/iodate dough conditioners or high-iodine ingredients. Low-iodine homemade and commercial baked goods are fine.
- Red Dye #3. (E127 in the United Kingdom)
- Most Chocolate (due to milk content). Cocoa powder and some dark chocolates are allowed.
- Some molasses (if sulfured, such as blackstrap molasses). Unsulfured molasses, which is more common, is okay. Sulfur is a term used on labels and does not relate to iodine.
- Soybeans and soybean products such as tofu, TVP, soy milk, soy sauce. The NIH diet says to avoid some other beans: red kidney beans, lima beans, navy beans, pinto beans, and cowpeas.
- On some diets, rhubarb and potato skins (inside of the potato is fine).
- Iodine-containing vitamins and food supplements.
- If you're taking a medication containing iodine, check with your physician.

Allowed Foods and Ingredients

- Fruits except rhubarb and maraschino cherries (with Red Dye #3 or E127 in the United Kingdom).
- Vegetables: preferably raw or frozen without salt, except soybeans and (according to NIH diet) a few other beans.
- Unsalted nuts and unsalted nut butters.
- Whites of eggs.
- Fresh meats up to 6 ounces a day.
- Grain and cereal products up to 4 servings per day, provided they have no high-iodine ingredients.
- Pasta, provided it has no high-iodine ingredients.
- Sugar, jelly, jam, honey, maple syrup.
- Black pepper, fresh or dried herbs and spices.
- Oils. All vegetable oils, including soy oil.
- Sodas (except with Red Dye #3 or E127 in the UK), cola, diet cola, non-instant coffee, non-instant tea, beer, wine, other alcoholic beverages, lemonade, fruit juices.
- **Read the ingredient list on all packaged foods.**

Easy Snacks for Home, Work, or Travel

- Fresh fruit or juice
- Dried fruits such as raisins
- Fresh raw vegetables
- Applesauce
- Popcorn
- Unsalted nuts
- Sodas other than those with Red Dye #3 (E127 in the UK)
- Fruit juice
- Unsalted peanut butter or other nut butters (great with apple slices, carrot sticks, crackers, and rice cakes)
- Unsalted Matzo crackers and other unsalted crackers
- Homemade low-iodine bread or muffins

- Easy Quick Meals**
- Oatmeal toppings-cinnamon, honey, applesauce, maple syrup and walnuts, fruit
 - Grilled fresh meat, vegetables, fresh fruit or baked apple
 - Salad topped with grilled chicken or beef, oil and vinegar dressing
 - "Sandwich" with Matzo crackers, plain peanut butter, jelly

Our thanks to ThyCa's medical advisors and conference speakers for information and support.

Disclaimer: *This information is intended for educational purposes only. It is not intended, nor should it be interpreted, as medical advice or directions of any kind. Any person viewing this information is strongly advised to consult their own medical doctor(s) for all matters involving their health and medical care.*