

Haven Lake Animal Hospital

300 Milford Harrington Highway, Milford, DE 19963

(302) 422-8100 info@havenlakeanimalhospital.com

I-131 Therapy For The Hyperthyroid Cat

Your cat and our staff thank you for choosing the best treatment choice for feline hyperthyroidism. Below are some requirements and recommendations for this treatment option. **Cats must be off methimazole for at least 2 weeks prior to treatment.**

Tests required prior to therapy:

- CBC, Profile, T4 (**off any supplementation**) within the last 30 days.
- The T4 level must be taken after the pet has been off methimazole for **at least 2 weeks**.

Tests recommended but not required:

- Chest X-rays are recommended to screen for potential cardiac issues that may need to be addressed.
- An Echocardiogram is recommended to screen for cardiac issues and to assess the risk of having a blood clot event. This can be done at our facility with Dr. Levinson or with a veterinary cardiologist.

Things to bring with your pet on the day of treatment:

- Your cat's favorite comfort food, enough for 5-6 days.
- Bedding or toys are permitted but will not be returned.
- Any special medication that your cat is on beyond Aspirin or Atenolol.
- Your cat **MUST** go home in a carrier.

Medication given with I 131 Therapy:

Please begin dosing your cat with $\frac{1}{4}$ of an 81mg Aspirin twice weekly beginning one week prior to treatment. It is important to give the aspirin only twice a week, preferably Monday and Thursday, as this is our dosing schedule while in the hospital. Atenolol may be prescribed before or at the time of treatment if your pet's heart rate is too high. These medications are continued for 30 days after being treated with I 131 and then stopped.

Fees for Services and what it Covers:

The cost of I 131 therapy includes the I-131 injection, lab work and X-Ray interpretation to determine treatment dosage, hospitalization and care during your pet's stay. Half of the fee is due at admission to the hospital and the remaining half is due at discharge. **Every dose of I131 is individually made for every cat. If you must cancel your appointment, and we are not informed in ample time, the dose cannot be returned or used on another patient. If you do not inform us within 3 working days before your appointment, you will be charged \$750.**

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Treatment Plan Overview for I-131 Treatment

It has been determined through a careful diagnostic process that the most appropriate treatment for your pet's condition is the administration of a dose of radioactive Iodine-131. This procedure is performed routinely for humans with certain thyroid conditions. The thyroid gland concentrates the radioactive iodine which then eliminates the defective tissue. Over time, the iodine "decays" to a non-radioactive element and, at the same time, is being eliminated by your cat's body. A properly administered iodine-131 treatment is not considered dangerous in any way to the animal or those who come in contact with it. Haven Lake Animal Hospital has been approved and fully licensed to perform this procedure.

During the time that the iodine is present in your pet, certain precautions are taken to minimize exposure to our staff, to you and your family, and to the environment. The excess iodine begins to be eliminated by your pet in feces and urine soon after administration. As time passes, less iodine remains. As a precaution, and in accordance with regulatory guidance, your pet will be maintained in our facility during this first stage of treatment. This allows us to monitor your cat, and provide appropriate care, while collecting all contaminated waste for storage until it is no longer radioactive. It is our focus to provide this treatment with the minimal stress to your pet and you, while meeting all of the conditions of our licensing commitments.

A release date and time after the minimum 96 hours will be determined for your pet. The most effective method for minimizing radiation exposure to individuals during the first few days of re-introducing your pet to your home is to maintain a few feet of distance from it when possible.

In order to move forward with this treatment, it is important that you understand the treatment plan and agree to cooperate with our written release instructions. The key points of the plan include:

1. Your pet will be administered a dose of radioactive iodine-131.
2. Your pet will stay at our facility for a minimum of 96 hours after administration to allow for the proper care for the animal and the reduction of exposure from the animal.
3. When you pick up your pet, you will be given a set of written instructions that will give guidance on:
 - a. Any limitations on direct interactions, such as holding your cat, for a specified time period.
 - b. The collection and storage/removal of feces, urine, and other body fluids.
4. The cost of this procedure includes the I131 dose and your cats care while hospitalized. It does not include therapy for concurrent illness or follow up after treatment.

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Pre-administration Screening Questionnaire/Consent Form

Please answer the following questions based on the "normal" conditions and behavior for your animal. We recognize that after boarding or some procedures, the animal's behavior may change temporarily and it may seek more or less attention for a brief time.

Are there children in your household or who frequent your home? Yes No

If yes, do the children often play directly with your pet? NA Yes No

Would you describe your cat as affectionate? Yes No

Does your cat seek "lap time" with you or others? Yes No

Does your cat have any difficulty being transported in
or spending time in a carrier or cage? Yes No

Does your cat often have "accidents" or vomit? Yes No

Are there any other behaviors that you think may be worth noting?
Please describe: Yes No

Your cooperation is very important to the successful treatment of your pet. We encourage you to ask any questions that you may have so that you fully understand the procedure and have all the information that you need.

The Treatment Plan Overview has been discussed with me, and I:

Consent **Do NOT Consent**
to the Iodine-131 Treatment for my animal.

Printed Name

Pet's Name

Signature

Date



HAVEN LAKE ANIMAL HOSPITAL

“A Commitment To Caring”

Home Care Instructions After I-131 Therapy

Our licensing commitments require us to provide you with written instructions for your cat's home care. The goal is to minimize any radiation exposure to you and other individuals from the treated animal while radioactive iodine is still present with the least amount of stress possible to you and your cat. The guidance provided to us has shown that individuals who follow these instructions will maintain exposure to themselves at a safe level. Your cooperation will help to maintain exposures **As Low As Reasonably Achievable**. Following the instructions below, except as noted by our staff, will ensure the best care for your pet while minimizing exposure to all individuals:

1. Transport your cat in a carrier placed in the back seat/area of the vehicle. (Maintain maximum distance possible from driver and passengers.)
2. Minimize direct physical contact during the first 8 days at home. Occasional petting/grooming/affection at arms length is OK but avoid lap time or extended close contact.
3. Do not allow your cat to sleep with any individuals during the first 8 days at home.
4. Understand that taking one step away (approximately 3 feet) from the pet during the first few days home will significantly reduce exposure.
5. Use disposable plastic gloves when handling litter, urine, feces, vomit or other body fluids from the animal for the first 2 weeks at home.
6. Store used litter and other waste in a manner that does not create airborne dust in a dedicated trash bag/container. Using litter pan liners can facilitate the transfer.
7. Store the litter and other waste in a remote location such as the garage for an additional 3 weeks to allow for radiological decay before disposing in the municipal trash. This is 2 weeks of collection and 3 weeks of additional storage equaling 5 weeks total until trash can be discarded.
8. Your cat can not go out of the house for 8 days.
9. Pregnant/nursing women and children should avoid contact with your cat for 2 weeks.
10. Continue giving 1/4 of an 81 mg (low dose) aspirin on Monday and Thursday for 1 month.
11. Feed heavily for a while. We want the cats to recover weight but not get heavy.

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12. Please contact Haven Lake Animal Hospital or your referring veterinarian in 12 weeks (3 months) for a follow up physical exam and lab work. Most cats have a normal thyroid level by one month post treatment, but somecats may require up to three months to normalize. A smaller number of cats, less than 10 %, may require a second treatment. Post treatments and evaluations and additional therapy are not included in the I 131 fee.

Other Notes:

Instructions Provived By _____ Date _____

For (Pet Name) _____

Owner Name _____

Owner Signature _____