

hormone and kidney function 6-8 weeks post treatment. After 3 months, the T4 should no longer be elevated.

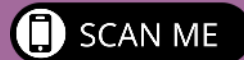
**Q. My friend's cat was treated over east and didn't have a thyroid scan. Why is your treatment different?**

**A.** Single-photon emission computed tomography (SPECT) is a novel technology that is increasingly being used with radioiodine scintigraphy to evaluate patients with thyroid disease and considered gold-standard. This technique provides accurate patient-specific data, ultimately improving the accuracy of staging and subsequent patient management.

When treating hyperthyroid cats with radioiodine, the lowest effective dose should be administered. To administer the lowest radioiodine dose possible, the volume of adenomatous thyroid tissue present in the individual hyperthyroid cat should be considered.

**Q. How do I get my cat treated with radioactive iodine?**

**A.** Requests for treatment must be made with your primary care vet. Referring veterinarians will need to complete a referral form and send copies of your cat's supportive medical records, laboratory, and any diagnostic imaging results to us for assessment. Once a referral has been received, we will call you directly to arrange an appointment.



## CONTACT US

Epsom Avenue Veterinary Clinic

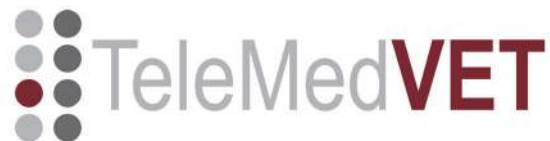
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# Radioiodine Therapy for Hyperthyroidism



## WHAT IS RADIOACTIVE IODINE THERAPY?

Radioactive iodine therapy, also known as I-131, is considered worldwide as the treatment of choice for feline hyperthyroidism. The treatment consists of administering a small dose of radioactive iodine which only overactive thyroid tissue will absorb. The radiation destroys the abnormal cells while the normal thyroid tissue continues to function. Not only is radioactive iodine therapy highly effective, curing 95% of patients, but it is simple and safe.

Treatment with radioiodine avoids the inconvenience of daily, oral administration of an antithyroid drug, as well as the side effects commonly associated with these drugs. Use of radioiodine also avoids the risks and perioperative complications associated with anaesthesia and surgical thyroidectomy (surgical removal of all or part of the thyroid gland).

## PATIENT SELECTION

Cats should be relatively stable before being considered for radioiodine therapy. Those that have clinically significant or unstable cardiovascular, renal, gastrointestinal, endocrine (e.g., diabetes), or neurologic disease may not be very good candidates.

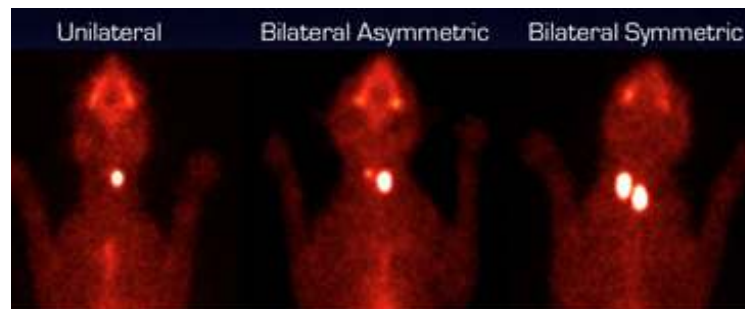
We'll need to agree with your primary care vet whether your cat is a suitable candidate for radio-iodine therapy. Once patient candidacy is determined, we will book your cat in for treatment.

## THE PROCEDURE

Radioiodine therapy is performed by qualified staff on Mondays. On the day you arrive, your cat will have an admission appointment, where we will do one final assessment prior to treatment. During the consultation your cat will be thoroughly examined, their records assessed, and pathology results analysed. Your cat will be admitted into hospital after this consultation.

Following hospital admittance cats are sedated to reduce any anxiety they have and enable thyroid scanning.

Before treatment a small dose of a radioisotope Technetium 99m pertechnetate is administered intravenously. The pertechnetate ion has a similar size, molecular shape, and charge compared to iodide, which results in its uptake by thyroid tissue. Once this has had time to concentrate in the thyroid gland (about 20-30 minutes) a radiation emission scan is taken. The amount of isotope taken up by the gland is used to calculate the therapeutic dose of radioiodine. The radioactive iodine is calculated by a nuclear medicine technologist and given as a single injection under the skin. This causes minimal discomfort to the cat during treatment and recovery.



## RECOVERY

After treatment, patients are housed in our radioiodine ward and are monitored each day to ensure their radioactive emissions have dropped to a suitable level. Patients are usually discharged 5-7 days following treatment. Due to strict safety regulations, you won't be permitted to visit your cat for the duration of hospitalisation, however our staff will update you regularly on your cat's progress.

## FREQUENTLY ASKED QUESTIONS

### Q. Is radioiodine therapy available everywhere?

**A.** The treatment can only be performed in a specially licensed facility. Currently Epsom Avenue Veterinary Clinic is the only facility offering I 31 treatments in Western Australia.

### Q. Will my cat settle into hospital?

**A.** In our experience it is extremely rare for cats not to settle in the radioiodine ward, once the injection has been given the stay is no different to a routine cattery stay. It sometimes seems that this period is harder for owners waiting at home than the patients!

### Q. What aftercare is needed following hospitalisation?

**A.** Some routine precautions need to be taken for one week after discharge. Owners must limit interaction, handle waste with rubber gloves and double bag any waste before disposing of in general rubbish. A full list of aftercare instructions can be found on our website.

We advise that cats return to their usual veterinarian for a health check 1 week after discharge and have follow up blood tests 6-8 weeks after treatment to assess progress.

### Q. How quickly will this treatment take to work?

**A.** Most cats return to normal thyroid function within 1-3 months after treatment. While rare, some cats may require additional treatments. We recommend rechecking thyroid