

After taking your cat home from our radioiodine unit

A. Safety precautions for you and your family at home

Most of the injected radioiodine is excreted while in our radioiodine unit, but your cat will still be minimally radioactive after discharge. Even though the level of radioactivity is very low, and continuously declining, you must still follow these safety precautions after your cat comes home:

1. For **one week**, you must keep your cat indoors, and it must use a litter box.
 - In that week, your cat can do anything they normally do in your home, and can spend time in the same room as you. However, you must limit the amount of time you spend in very close proximity to your cat, e.g., cuddling or on your lap, and your cat cannot be on your bed with you overnight. You can stroke your cat at an arm's-length distance for up to 3 hours a day.
 - For that week, children under 12 years old or women who are, or might be, pregnant, or who are breast feeding, should have no direct contact with your cat, and should avoid close proximity to your cat. There is no need to be in completely separate rooms.
2. For **two weeks**, because residual radiation is passed out in urine and faeces, you will have to take special precautions with the used cat litter:
 - The litter tray needs to be where children under 12 years old 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 that two-week period, you must not put used litter in the council rubbish bin. Either flush the soiled litter down the toilet or store all the soiled litter from this two-week period until five weeks after the end of the two-week period, so giving time for its radioactivity level to decay. If you choose to flush the litter, you will need to use a 'flushable' litter suitable for this purpose, e.g., World's Best Cat Litter clumping formula, and your plumbing must be in good working order. If you choose to store the litter, you can do so in a bin or box outside in your garden, or in a garage or shed, and where children will not come close to it. Five weeks after the end of the two-week period, dispose of it 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 one-week period (two weeks if you are unable to either flush or store the cat litter), during which they will be housed in our boarding cattery.

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B. The hazard level of your cat after discharge

On discharge from our radioiodine unit, the amount of radiation remaining in your cat is extremely low. The amount of radiation you might receive from your cat in the following two-week period is less than the average UK resident receives from four weeks of natural background radiation, or from 60 hours of air travel, 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 flush their waste down the toilet, so removing any radioactive contamination from the home, cats kept indoors generally use a litter box. These precautions are a cautious and conservative approach, and if you follow our instructions, you and your family will receive almost no exposure whatsoever.

There is no risk from the radiation to any other pets you may have.

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

Your cat should be checked by your usual vet about 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 at any time for advice.

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

- Your cat will be kept indoors for **one week**.
- In that week your cat will not be on the bed with you overnight, and you will limit the time you spend cuddling your cat or with your cat sitting on your lap.
- In that week, your cat will have no direct contact with children under 12 years old, or pregnant or breast-feeding women.
- For **two weeks**, you will not put any used cat litter in the regular rubbish collections and instead will either flush it down the toilet or store it outside or in an outbuilding until five weeks after the end of the two-week period.

Pet: _____

Owner: _____

Signature: _____ Date: _____