

IODINE PROPHYLAXIS

INFORMATIONAL PAMPHLET

In case of an atomic power plant malfunction and radioactive iodine being released to the atmosphere it is necessary to apply pills with high concentration of stable iodine to people in the endangered area.

Taking the pill saturates thyroid with stable iodine, blocking the absorption of radioactive iodine and preventing its accumulation

In order to provide sufficient protection, the drug should be taken orally immediately on receiving notification from relevant emergency services about the occurrence of radiation contamination (within two hours, if possible). Taking the pills within 8 hours from exposure to radiation still has beneficial effects.

Dosage of stable iodine pills depends on age. Taking a smaller or larger dose than recommended may be health-threatening.

- adults below the age of 60 and children over 12: 2 pills (which is the equivalent of 100 mg of iodine)
- children between 3 and 12: 1 pill (50 mg of iodine)
- children between 1 month and 3 years of age: $\frac{1}{2}$ of a pill (25 mg of iodine)
- newborns: $\frac{1}{4}$ of a pill (12,5 mg of iodine)
- pregnant and breast-feeding women: 2 pills (100 mg of iodine)

TIPS FOR TAKING PILLS WITH STABLE IODINE

In order to obtain a dose proper for newborns and children, a pill should be cut along the division line and applied.

The pills can be chewed up or swallowed in whole. In case of breast-fed children, they can be crushed and dissolved in water, syrup or other liquid

WHEN NOT TO TAKE THE DRUG?

- when you are allergic to potassium iodide or any other component of the drug
- when you have hyperthyroidism

- when you have a blood vessels disorder (vasculitis with hypocomplementemia)
- when you have auto-immunological diseases accompanied by itching and blisters (Dermatitis herpetiformis)

WARNINGS AND PRECAUTIONS

Be careful if you:

- are or were treated for thyroid diseases
- suffer from untreated thyroid autonomy
- have a kidney dysfunction
- have adrenal glands dysfunction and are treated for it
- are dehydrated
- take drugs that inhibit thyroid function or potassium-saving diuretics, as well as captopril, enalapril or quinidine

REMEMBER TO CONSULT A DOCTOR

before taking the drug

- in case of occurrence or suspicion of malignant thyroid cancer
- in case of airway narrowing

after taking the drug

- with a newborn, for thyroid function control

ADDITIONAL INFORMATION

National Atomic Energy Agency and the Central Laboratory of Radiation Security are constantly monitoring the radiation level in the atmosphere. The monitoring results and announcements are available at www.gov.pl/web/paa

For more recommendations and contraindications for using potassium iodide, check

www.rejestrymedycze.ezdrowie.gov.pl

In case of any undesired side-effects or any doubts, contact a doctor or a pharmacist