

All Things LID!

Why is the Low Iodine Diet (LID) necessary?

Thyroid cells are one of few systems in the body that utilize iodine. Radioactive Iodine (RAI) is a very targeted treatment used for thyroid cancer patients where iodine is combined with radioactive isotopes. Patients prepare the body by following the Low Iodine Diet for 7-14 days prior to treatment and raising their TSH to a high level (through either med withdrawal or Thyrogen injections). Depleting the iodine levels in the body causes any existing thyroid tissue/cells to become very, very "hungry" for iodine! When the patient takes RAI ... it is quickly and efficiently absorbed into those thyroid cells!

Where do I find a list of what is safe on LID?

The primary focus of our organization is our website, located at: www.lidlifecommunity.org this website contains extensive resources for the Low Iodine Diet, Radioactive Iodine treatment and isolation protocols. We also manage a member's only Facebook page, which is a community of people who are currently on LID in preparation for RAI. Our volunteer admins, who are well versed in LID and RAI, can help answer your questions and lend support!

I thought LID was a salt-free diet?

The purpose of the Low Iodine Diet is to reduce iodine levels in the body to prepare for RAI. Salt that contains no added iodine (non-iodized) is SAFE for LID!! We have identified many brands of non-iodized salt on our website!

This product is listed as safe on your website, but it contains salt!

Knowing that non-iodized salt is safe for LID, the admins here at LLC have gone to great lengths to contact manufacturers and verify the type of salt used in their products. Only products that have been confirmed as containing LID safe non-iodized salt are listed on our website. Our website also lists all the letters we have received from these manufacturers confirming they use non-iodized salt!

Are Oreo brand cookies really LID safe?

YES!! Many people are surprised by this fact - but Oreo cookies are actually vegan, as they do not contain dairy!! The presence of chocolate confuses some members - but chocolate without added dairy is not banned! And because the Oreo manufacturer (Mondelez International) uses LID safe non-iodized salt - OREOS ARE LID SAFE!! (Please note that a few seasonal flavors are banned for other ingredients - as always please check the ingredients label on all packages).

I thought products that contained soy were banned on LID? I am confused!

There are two forms of soy that are SAFE for LID. soy lecithin and soy (soybean) oil! If either of these ingredients is listed in a product, you can rest easy knowing they are safe! All other forms of soy, as well as soybeans themselves, are banned.

Is oil safe to consume on LID?

Yes!! All forms of oil, including soy (soybean) oil are safe on LID!

Help!! I accidentally ate something banned!!

LID is generally followed for two weeks to allow plenty of time to reduce iodine levels in the body. If you have a slipup in the first week, brush yourself off and be diligent in following LID for the remainder of your time. If you have a slipup within a few days of RAI, we suggest contacting your medical team and letting them know what has occurred.

Why is your LID different from the one given to me by my doctor?

Doctors and medical teams do not have the time or resources to contact manufacturers to confirm what type of salt is used in products - but we do!! And we have the science and thousands of successful RAI treatments & scans to back up our diet! Whatever LID you choose to follow is completely up to you and we will never tell you to go against your doctor's orders. We do suggest that you make a decision and stick with it throughout your LID.

A manufacturer is listed as safe on your website - does this mean that every product they make is LID safe?

No! The manufacturers listed on our website are verified as using LID safe non-iodized salt .. but only when the word "salt" is listed in the ingredients. Some of their products may contain sea salt (which is never safe) or other

banned ingredients! It is up to you to be diligent in checking the ingredients of a product!

There are no banned ingredients listed on this product, but "sodium" is listed in the nutritional values - is it safe?

Salt and sodium are not the same thing! Sodium can be naturally occurring in ingredients other than salt. We are only concerned with the ingredient list of a product!! Nutritional values are not a concern for LID.

I have read in other places that there are limitations on the quantities of foods we can eat - is this true?

NO!! There is no scientific proof stating that certain LID safe foods need to be limited. As long as a food/product is safe for LID, you are free to consume as much of it as you wish!!!

The product package states "May Contain: Eggs, Dairy", yet the product is listed as safe on your website! Is it safe?

If the product contains no banned ingredients, it is safe. The "May Contain" warnings are for allergy purposes and simply indicate that the highlighted ingredients are present in the factory where this product is made.

Is there an LID safe cream I can use in my coffee?

This is the #1 question asked in our Facebook group! The answer is yes, there are LID safe creamers listed on our website. Unfortunately, sea salt is commonly used in non-dairy products, so our members need to be extra vigilant in checking ingredients and taking the time to hunt for a safe coffee creamer!

What type of water can I drink during LID?

Bottled, filtered, softened and tap water are all safe on LID!! Drinking quantities of distilled water routinely can make you feel unwell as it is void of necessary minerals and is not recommended during LID.

Can I consume Alcoholic beverages on LID?

YES!! The majority of wine, beer and spirits are LID safe and contain no banned ingredients!!! However members need to be careful of drinks such

as milky stouts and dairy based liqueurs! As always, check those ingredients just to be sure! Cheers!

I eat a very specific diet normally - will I be able to eat that way during LID?

YES!! LID is about making simple substitutions to foods you already eat. What you consume during LID shouldn't be vastly different from your normal diet!

I need to attend a wedding/event/meeting that will be serving a meal during my LID - how do I handle this situation?

First of all, eating foods prepared by other people always carries some risk as it is important you know exactly what you are eating. If the event is being held at one of the restaurants listed on our website as being safe, you can choose from the list of safe food items we have identified. If you are attending a catered event or an event at an unlisted restaurant, we suggest that you bring an LID safe meal from home - just to be safe!

I feel sad that I will be on LID during a holiday or other occasion and I cannot eat what everyone else will be eating.

Our website and resources contain a wide variety of foods and recipes! If hosting a meal yourself, it is very easy to create a delicious LID safe holiday menu with some research and with some simple substitutions! If dining at the home of friends or family, offer to help cook the meal or direct your loved ones to our website so they can support you in your LID! If necessary, bring an LID safe meal from home for you to consume. Remember that LID only lasts a few weeks and is an important part of your treatment!

Do I need to change my toothpaste, shampoo, deodorant or other personal hygiene products?

No! If you are not ingesting these products, you can use the same products that you always use without worry!

Do I need to stop taking my calcium, supplements or medications during LID?

As with anything we consume on LID, you must check the ingredients on all products to ensure they do not contain banned ingredients. Lactose and ingredients derived from the sea are common things to watch for. For over-the-counter medications, painkillers and supplements .. enlist the help of your pharmacist to substitute LID safe products for anything that is banned. For any medications that are prescribed - CONSULT YOUR MEDICAL TEAM BEFORE MAKING CHANGES OR DISCONTINUING USE!!!

Can I swim during LID?

Please avoid swimming in the ocean and wear shoes and sit on a towel if visiting a salt-water beach. Sea salt can be absorbed by through the skin if exposed in large quantities and should be avoided during LID. Chlorine and salt water pools, saunas and hot tubs are LID safe.

<h2>Final Preparations for RAI!</h2>

My doctor instructed me to stop my thyroid medication, but I am noticing others are staying on their medication and taking Thyrogen injections?

Every patient needs to do two things to prepare the body for Radioactive Iodine Treatment (RAI):

- 1) deplete the body of iodine through the Low Iodine Diet and
- 2) raise their TSH level to a high level

There are two ways to raise TSH. One method is to stop taking your thyroid medication for several weeks prior to RAI. The second method is to continue taking your medication and receive two injections of a drug called Thyrogen. Thyrogen raises your TSH quickly but allows patients to stay on their thyroid medication thereby avoiding the side effects of med withdrawal. Thyrogen comes in 2 injections, which are given 24 hours apart starting 48 hours ahead of your dose of RAI.

How will I feel after my Thyrogen injections - can I return to work?

The majority of members feel completely normal after receiving Thyrogen injections and go about their day as usual. Some members may feel tired or have a slight headache after Thyrogen injections.

How will I feel during withdrawal of my thyroid medications?

This can vary from person to person! But generally speaking after several weeks without thyroid medication, members can experience any or all of these common side effects:

- ~ tiredness
- ~ difficulty thinking clearly
- ~ body aches and pains including headache
- ~ bloated/fluid retention/weight gain
- ~ slow, dull reflexes
- ~ nausea and/or constipation

NOTE: in many states & provinces, withdrawing from a medication that is necessary to your life can make it illegal for you to drive a motorized vehicle.

How will they determine my dose of RAI?

Treatment/ablation doses of RAI are unique to each patient and determined using several different factors such as:

- ~ your age
- ~ type of thyroid cancer you have
- ~ if the cancer spread outside of the thyroid (i.e. lymph nodes)
- ~ how much thyroid tissue is remaining in your body

My dose of RAI seems much higher (or lower) than other people's - is this normal?

There is no one-size-fits-all dose of RAI! There are many factors, which are taken into account when determining a dose that is correct for you and your individual situation.

What is the difference between a Tracer Dose and an Ablation Dose of RAI?

Ablation/Treatment doses of RAI (generally 29 - 300+ mci) are given with the purpose of destroying (ablating) any thyroid tissue/cells that may exist in the body. Some patients receive more than 1 ablation dose of RAI in their lifetime.

Tracer/Diagnostic doses of RAI (usually less than 5 mci) are used to determine how much thyroid tissue exists in the body. Tracers are

sometimes used before a treatment/ablation dose, in order to help determine the dose of RAI. Tracers are sometimes used as part of a follow-up/monitoring protocol in conjunction with ultrasound and blood work.

What is the normal schedule for RAI treatment?

The normal schedule is:

Day 1 - Thyrogen Injection #1

Day 2 - Thyrogen Injection #2

Day 3 - RAI dose

Day 5 to 10 - WBS (whole body scan)

**Bloodwork may be done before this schedule begins, on the morning of RAI day 3 and/or possibly on Day 5. Each medical team has their own blood work schedule. **

What is Uptake?

Uptake is a unit of measure related to the amount of thyroid tissue/cells that exist in the body. It is usually given as a percentage number. Uptake is only determined by having a WBS .. so you will only receive an uptake % after an ablation or tracer dose of RAI.

And the Day is HERE! Time for your RAI Treatment!

Will my RAI come in liquid or pill form?

RAI comes in both liquid and pill form and both are the common forms of administering RAI!

Can I eat the morning of my RAI dose?

This answer needs to come from your medical team! Please contact them and ask!

Am I radioactive right away?

YES!!! We can't stress this enough ... from the moment you take your dose of RAI, you are RADIOACTIVE and need to take all the necessary precautions to keep others safe!

How will I feel after taking my RAI dose?

Most members feel absolutely normal immediately after taking their RAI. If side effects from the dose are going to appear, they generally start to appear 8-12 hours after dosing ... but many members have no side effects at all!

Can I drive myself home after receiving my RAI treatment dose?

YES! You should feel no different immediately after taking your RAI and as long as you are comfortable driving, you are encouraged to do so. Driving yourself does not expose others to radioactivity! Remember to go straight home and do not stop anywhere on the way! Many members drive themselves several hours home after receiving RAI. TIP: visit the restroom just before you take your dose of RAI in order to ensure you can get home without requiring a pit stop!

What if I am unable to drive, can my family member drive me home?

Yes, but precautions must be taken! You will need to sit in the opposite rear seat from the driver and maintain the 6' bubble throughout the drive. Sit on a sheet (that you will take into your isolation room after) and wipe anything you touch inside the vehicle. Go straight home without stopping anywhere to minimize the exposure to others.

I am going straight home to isolate, how do I get out of the hospital to my car?

The nuclear med techs will waste no time ushering you out the door after you take your dose of RAI! Sometimes they will have a back door they will take you through to avoid the general public. If you are instructed to go out through the hospital, it is advisable to avoid the elevator and take the stairs if necessary and to do whatever you can to maintain a 6' bubble from anyone you come in contact with!

I am so nervous - is this normal?

YES!! After weeks of preparation and reading all the protocols and precautions about the dangers involved with radioactive iodine treatment, it is normal to be nervous! We are happy to report that most patients find RAI day to be very anti-climactic and they feel absolutely normal after taking their dose!

Isolation Protocol *Let the Rest & Relaxation begin!*

When does isolation begin?

Your isolation protocol begins immediately after taking your dose of RAI!

How can others be harmed by my dose of RAI?

Once you take your dose of RAI - you will emit two forms of radioactivity that is harmful to others:

- 1) you are a walking x-ray machine and you have a field of radioactivity that surrounds your entire body. Anyone coming within 6' of you is exposed to radioactivity!
- 2) all your bodily fluids are radioactive as your body flushes the RAI from your system (any RAI that was not absorbed by the thyroid cells/tissue). So anyone coming in contact with your bodily fluids is being exposed to radioactivity!

Will I isolate at home or in hospital?

This will depend on your hospital/medical center. Some offer hospital isolation for patients, while in other areas, all patients are expected to isolate at home. There are pros and cons to each - but both are manageable!

Can I isolate in hotel after receiving my dose?

NO!!!!!! We are adamant that members NEVER isolate in hotels. First, due to the layout of hotels, chances are good that you may be within 6 feet of a person in an adjoining room. It is also very likely that you will expose cleaning & hotel staff to radioactivity when cleaning the room or washing the bedding/laundry. In our FB group, we will remove members who promote isolating in hotels.

What can I take into the hospital for my isolation?

This is entirely up to the hospital! Please check to see what items are permitted.

Can I use my electronics (phone, laptop etc.) during isolation?

YES! And please do not cover your electronics in any form of plastic as they can overheat and be damaged. At the end of your isolation, simply

wipe the equipment down with a non-bleach wipe and then it is safe should it come into contact with others!

How long will I need to be isolated?

Once a dose of RAI is taken, the thyroid cells immediately begin to absorb all the radioactive iodine they can hold! The remaining RAI is then flushed from your body through bodily fluids. So the length of time in isolation depends on several things:

- ~ the size of your dose of RAI (the larger the dose, the longer it takes to flush)
- ~ your uptake (the more thyroid cells/tissue you have in your body, the longer you emit x-ray type radioactivity)
- ~ how efficiently your body flushes excess RAI from your body

If you do not know your uptake % (many don't!), we strongly suggest that members use our conservative isolation chart to determine isolation times! If in doubt, err on the side of a longer time in isolation as protecting your family is the most important goal! In addition, you may ask your nuclear medicine department to give you a Geiger reading (be sure to write down the unit of measure!) to confirm if you are safe to be around others!

I am scared to isolate at home for fear of harming my family members!

This is a common concern for many members. Just know that with some education and advanced preparation for the isolation (ISO) protocol outlined on our website, your family members will be safe and sound!

I have my own bedroom & bathroom to use during my ISO, but do I have to stay locked away from everyone?

No!! If you venture out of your ISO room, just take these precautions:

- ~ keep all living creatures out of your 6' bubble! Always!
- ~ protect surfaces from your bare skin: wear socks to protect floors, clothing to protect furniture and either wear simple cotton gloves or wipe any surface that you touch with a non-bleach wipe.

Can I go outside during ISO?

YES!!! We encourage our members to go outside!!! You can go for a walk or simply sit in the sun! Always maintain that 6' bubble, wipe anything you touch and enjoy the outdoors!

Can I exercise during ISO?

Yes .. with some precautions. Always maintain a 6' bubble from others and remember that your sweat is radioactive. So you need to thoroughly clean exercise equipment after use and be very aware of sweat drops landing where someone may come into contact with it. Keep used exercise clothing and footwear in your ISO room and wash it thoroughly twice after ISO is over.

Can I swim during ISO?

No. The body of water will become radioactive and harmful to others.

How often should I shower during ISO?

The protocol is to shower at least once per day .. but it really isn't necessary to shower more than that unless you are a person who sweats heavily.

How much water should I drink?

LOTS!! For the first 24 hours you want to drink enough to urinate every hour. Fluids are important to flush any RAI that is not absorbed by thyroid cells/tissue quickly and efficiently from your system!

How do I protect my mattress and pillows from radioactivity?

The best method is to use 2 fitted sheets on your mattress and 2 pillowcases on your pillow. If you are someone who sweats heavily when you sleep, you can also use a washable mattress cover. Once isolation is over, wash everything in the machine TWICE along with your clothing, towels and other bedding. Then your linens are safe and can return to regular use. We strongly discourage the use of plastics as these can cause patients to sweat profusely and can be difficult to wash (resulting in excess contaminated trash).

How do I handle mealtime?

So the #1 rule is that you cannot prepare or serve meals to others during isolation!! If you live alone, you can prepare meals for yourself. For those who live with others, your family can serve you a meal. We suggest that you set aside of full setting of dishes, cutlery and glassware for you to use during ISO. After you eat, wash it thoroughly with soap and water and set is aside again for the next meal.

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We strongly discourage the use of disposables as this is a big contributor of contaminated trash and is unnecessary.

Many members keep a supply of drinks and snacks in their ISO room just in case of hunger! 😊

How do I keep my pets safe?

We treat pets the same as small children! PETS are defined as ALL animals and birds ... including livestock! There is evidence that pets are actually at greater risk for radioactive exposure as they have a much higher risk of licking your skin! The 6' bubble MUST be maintained at all times and you must not feed or water pets during ISO. Many members find it easier for pets to live elsewhere during isolation to eliminate risk of them being exposed.

My vet said that my dog/cat is not at risk for radioactive exposure due to the fact that they have shorter lifespans - is this true?

NO!!! Pets are most at risk for coming in contact with your radioactive bodily fluids (i.e. your bare skin) ... and the RAI will immediately begin to kill their thyroids if ingested!!! But aside from that, prolonged exposure inside of your 6' bubble may potentially harm them as well. Be extra diligent with your pets during ISO!!!!!! Treat them as you would a small child!

What are some of the side effects I might experience from RAI treatment?

Remember that everyone responds to RAI differently! Some people taking higher doses of RAI might have no symptoms whatsoever while other people who take much smaller doses might experience several side effects! Here are the most common side effects reported by members:

- ~ upset stomach/diarrhea (often starting 8-12 hours after dosage)
- ~ pain, tightness, discomfort in jaw area - saliva glands
- ~ pain, tightness discomfort in thyroid bed
- ~ tiredness
- ~ headache
- ~ loss of taste

If you are concerned about any side effects that appear after RAI, please contact your medical team!!

Why is it necessary to use sour candy and when should I start them?

One of the potentially harmful side effects of RAI is damage to saliva glands. It is important to start sours 24 hours after your dose of RAI. The sours will pull the saliva (and the RAI) out of your saliva glands and keep the fluid moving through, reducing your risk of permanent damage. Starting sours earlier than 24 hours runs the risk of actually drawing RAI into the saliva glands!

I really don't like sour candy - can I use anything else?

You can use anything that makes you salivate!!! Pickles, lemons, fruit, water with lemon are a few suggestions.

How long do I need to stay on LID after I receive my dose of RAI?

The rule of thumb is to stay on LID for 24-48 hours after RAI - you want to give the RAI time to settle into those thyroid cells without competition from dietary iodine. It isn't uncommon for some medical teams to require patients to stay on LID until the date of WBS. The end is in sight!

My isolation is over - now what do I do?

Once your isolation time is over, it is time to clean up! Take all your clothes, bedding, towels and other textiles and wash them in the machine TWICE!! Thoroughly clean your bedroom and bathroom with a non-bleach cleaner. Your medical team may have listed additional limitations such as sleeping alone for a full 7 days and not having sexual intercourse for 30 days after - so please adhere to those limitations!

The Homestretch: Post RAI

What will the WBS be like?

The Whole Body Scan (WBS) involves lying down and having a machine pass over your body to capture images. Some members can find this scan to be claustrophobic as the machine can pass very close to your face and remain there for a time. The machines can vary slightly in their design depending on their age and some models can be more claustrophobic than others.

What does the WBS show?

Wherever the RAI has settled in the body will "glow" on the scan! Your medical team will get a good picture of how much thyroid tissue exists in your body and where it is located. Remember that the WBS shows only thyroid tissue/cells and is not able to determine whether it is cancerous or non-cancerous!

How do I prepare for WBS?

The day of your scan:

- ~ you may be asked to take a laxative 12 hours ahead of your scan
- ~ plan to dress warmly as the scan rooms can be chilly!
- ~ dress in clothing that is comfortable and that does not contain any metal (i.e. zippers, snaps etc.). Depending on your facility, you may be asked to remove your bra if it contains metal and to remove any jewelry.
- ~ your medical team will instruct if you are to refrain from eating or if you are okay to consume a light meal prior to your scan
- ~ if you struggle with claustrophobia, please speak to your med team in advance of the scan
- ~ many patients bring headphones and listen to music or audiobooks through the scan as a distraction

TIP: take a bathroom break just before your scan!

How long will the scan take?

Generally it takes anywhere from 30-45 minutes .. but don't be alarmed if your scan is longer or shorter! Machines can vary.

When will I get my results of the WBS?

Again it really depends on your medical team. Many members receive their results on the spot before they leave the scan room .. while other members will be scheduled to have an appointment with their medical team to discuss the results. Please inquire so you know when to expect your results!

The results of the WBS showed activity in my thyroid bed - does this mean I still have cancer?

Not necessarily! RAI treatment and the resulting scan are not able to differentiate between cancerous and non-cancerous cells. What "lights up" on the scan are thyroid tissue/cells that have absorbed RAI. Remember that

it is almost impossible for even the best surgeon to remove all thyroid cells, so the appearance of some cells on your first scan is very common!!

When will I be told that I am cancer-free?

RAI continues to work in the body ablating thyroid cells for 6-12 months after treatment. Generally patients reach "no evidence of disease" status a year or two after treatment if all follow-up testing does not reveal any signs of thyroid tissue/cells.

My neck is sore and tight after RAI - is this common?

Yes!! Even the best surgeons can't remove every thyroid cell - especially from the thyroid bed. So when RAI is a little more concentrated in the neck area, tenderness and discomfort is common as those cells are being ablated! Tenderness and discomfort is common in the first days after RAI, but can also persist sporadically for weeks and months after treatment!

It has been several weeks since RAI and I am still very tired - is this common?

YES!! Remember that RAI is cancer treatment! Tiredness can be as a result of RAI directly, but also as a response to being diagnosed with thyroid cancer, the stress of surgery & anesthesia and as your body adjusts to living without a thyroid! It isn't uncommon for it to last many months after RAI! If you are concerned please speak to your medical team!

I had my RAI treatment several weeks ago and this morning I can't taste anything - is this common?

It is very common for RAI to impact taste buds and this can occur days or even weeks out from treatment day! This can last for weeks or even months .. but the good news is that it is generally not permanent!

I had my RAI treatment several weeks ago and the inside of my mouth and nose are so dry - is this common?

Yes - it is very common! Ask your medical team or pharmacist for products to help restore moisture to your mouth and nose. Also keep yourself well hydrated and consider running a humidifier in your bedroom at night!

I have developed sores in my mouth after RAI - is this common?

Unfortunately yes. Please speak to your medical team and they may give you a prescription for "Magic Mouthwash" or other products which may give you some relief from the pain of mouth sores.

I had my RAI treatment six months ago and today my saliva glands are swollen and tender - is this normal?

Yes!! Patients need to monitor their saliva glands for the first year after RAI treatment as they can become swollen and tender weeks and even months later. Massage the glands several times per day, apply warm compresses and use some sour candies to see if you can reduce the discomfort. If you are concerned, please contact your medical team!

I haven't had any side effects from RAI and I am worried that it didn't work!

As mentioned, every single patient responds differently to RAI and the absence of side effects is NOT an indicator of the effectiveness of the treatment!

Can I travel after RAI?

Once you are free from isolation, you are free to resume life as normal!! Many nuclear medicine departments will give patients a "travel card" after RAI. The card states that you received radioactive treatment and will list the date of your treatment, the isotope and dose you received. The sensitivity of the scanners and detectors located in airports and at border crossings can detect even low, low levels of radioactivity that you may emit weeks and even months after your treatment. If you are planning to travel within 90 days of your treatment, please be sure to ask for a travel card!

When can I resume having sex after RAI?

After RAI you should wait for several weeks before kissing as saliva can still be radioactive at low levels for some time. You should refrain from having unprotected sex for 30 days AFTER completing isolation. If you do engage in sexual intercourse, you will need to use a condom to protect your partner from the radioactivity present in your bodily fluids.

My doctor has booked a follow-up appointment for a year from now - is this normal?

Yes!! Because RAI continues to work in the body for 6-12 months after dosage, many medical teams want to allow sufficient time for the medicine

to do its work before scheduling a follow up appointment. It is common for patients to have their first follow up at either 6 or 12 months after RAI!

What can I expect for follow-up testing after RAI?

The majority of thyroid cancer patients are monitored with blood work and ultrasound. Some patients may have a tracer/diagnostic dose of RAI or what is called a "Stimulated Thyroglobulin" test at a future follow up appointment .. but not all patients receive these tests.

When can I start trying to get pregnant after having RAI?

Pregnancy should be avoided for 1 year after RAI as it will continue to work in the body for up to a year after treatment. Radioactivity can harm a growing fetus. In future follow-ups with your medical team you may also require additional scans or treatments, so it is best to reach NED (no evidence of disease) status before attempting to get pregnant. Also, without a thyroid, thyroid hormones need to be monitored closely throughout pregnancy to ensure adequate levels. Please consult your medical team **BEFORE** attempting to get pregnant!