

Introduction

This leaflet has been produced to give you information about ways to reduce the amount of iodine in your diet before your scan, test or treatment with radioactive iodine. The information applies if you have been referred to us to have a Thyroid scan, Radioiodine Uptake Test, Iodine Wholebody scan, or a Radioiodine Therapy.

Why do I need to follow this diet?

A diet which is rich in iodine could interfere with your scan, test or radioactive iodine treatment. A low iodine diet aims to reduce your iodine intake before your treatment and helps to maximise your body's uptake of the radioactive iodine or other radiopharmaceutical when you have your scan, test or treatment. You do not need to try to follow a **no** iodine diet.

Where is iodine found?

Iodine is found in many foods in varying amounts. It is essential for good health. The richest sources are foods from the sea as well as dairy produce and eggs. In some countries iodine is added to salt but this does not happen in the UK, therefore it is fine to use ordinary table salt, but best to avoid imported food items.

For how long should I follow the low iodine diet?

The diet is for a short time only. Evidence suggests that a duration of two weeks is sufficient.

Please start the low iodine diet two weeks before your appointment. After you have received the scan, test or treatment you can return to your normal diet.

Should I look on the Internet for further information?

Information on the Internet is not always accurate or relevant to the procedures followed in individual hospitals. For example, a lot of the information on the Internet relating to low iodine diets comes from countries where iodine is routinely added to salt. Therefore it is common to see advice to avoid all foods that contain salt. This is not necessary in the UK.

Information for patients

The following tables show examples of what food and drink are low in iodine, so fine to include in your two week diet; those products that contain medium levels of iodine that you should avoid or limit; and those containing high levels of iodine that you should avoid altogether.

This leaflet was produced by the Nuclear Medicine Department, Hull University Teaching Hospitals NHS Trust, based on information from the British Thyroid Foundation (<http://www.btf-thyroid.org>)

Low iodine foods you can eat freely

- ✓ Fresh/frozen fruit and vegetables, including potatoes
- ✓ Cooked green vegetables like spinach and broccoli
- ✓ Fresh/frozen meat
- ✓ Ordinary table salt and sea salt
- ✓ Rice and dried pasta
- ✓ Fresh bread (including fresh sliced bread)
- ✓ Non-dairy spread such as Vitalite or Pure or Flora non-dairy
- ✓ Olive oil, vegetable oils and nut oils
- ✓ Water, soft/fizzy drinks, fruit juices & alcoholic drinks
- ✓ Tea and coffee without milk
- ✓ Milk substitutes such as rice, coconut, almond or soya milk (please check labels for ingredients and avoid brands that contain carrageenan which is a seaweed derivative)
- ✓ Dark/plain chocolate with a minimum of 70% cocoa
- ✓ Crisps

Foods which you should limit

- Milk - limit to a maximum of 25ml per day which could be used in tea and coffee (i.e. about 5-7 teaspoons of milk per day)
- Butter - limit to a very thin scraping (one teaspoon or 5g) per day
- Cheese – no more than 25g per week
- Dairy produce like yoghurt, dairy ice cream etc. (limit to one portion per week)
- Egg - one per week only
- Egg containing products like mayonnaise, custard, fresh egg pasta, egg fried rice, pancakes, Yorkshire puddings etc.

High Iodine foods which you should avoid

- × Fish, seafood, seaweed, kelp, laverbread
- × Raw green vegetables like spinach or broccoli
- × Cakes and biscuits containing butter and eggs
- × Milk chocolate and white chocolate
- × Take away- meals and fast foods/restaurant foods (as ingredients are unknown)
- × Iodised salt and Pink Himalayan salt
- × Vitamins and mineral supplements, nutritional supplements and cough mixtures
(unless prescribed by your medical team, for example vitamin D)
- × Foods which are artificially coloured red or pink which contain the food colouring E127 (e.g. Glace cherries, canned strawberries, tinned processed meats, salami, certain pastries and sweets)

Any more questions?

If you have any other questions, please ask the staff.

The department telephone number is 03033 304535

Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) is available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact nlg-tr.PALS@nhs.net

As a Trust we value equality of access to our information and services, therefore alternative formats are available on request at nlg-tr.interpreters@nhs.net

Alternative Languages

All of our leaflets are available to view in different languages via Browsealoud on our website at www.nlg.nhs.uk/patients/patient-leaflets/

Toate pliantele noastre sunt disponibile pentru a fi vizualizate în diferite limbi prin intermediul Browaloud pe site-ul nostru, la www.nlg.nhs.uk/patients/patient-leaflets/

Wszystkie nasze ulotki są dostępne do przeglądania w różnych językach za pośrednictwem Browsealoud na naszej stronie internetowej www.nlg.nhs.uk/patients/patient-leaflets/

Information for patients

Visus mūsų lankstinukus galite peržiūrėti įvairiomis kalbomis, naudodamiesi „Browsealoud“ mūsų svetainėje, adresu www.nlg.nhs.uk/patients/patient-leaflets/

Vse naše zloženke so na voljo za ogled v različnih jezikih prek Browaloud na našem spletnem mestu www.nlg.nhs.uk/patients/patient-leaflets/

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Author: Medical Technical Officer, Nuclear Medicine

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