

Appendix

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Preparatory Iodine-Restricted Diet

Introduction

The iodine-restricted diet is a preparatory diet. Following the diet is necessary to accurately measure whether there is uptake of iodine by any remaining thyroid tissue and/or tumour tissue and to increase the effect of treatment with radioactive iodine. This diet should be started four days prior to hospital admission. Saltwater fish however, may not be eaten for an entire week prior to admission. The diet should be followed for several days after treatment.

General guidelines

Iodine is naturally present in almost all foods, but in different quantities. Iodine can be added during factory processing of foods. On packaged products, there is a requirement to indicate whether iodised salt has been added to the product by mention of:

- iodised salt, iodine-containing salt, Jojo salt [Jojo is a Dutch brand name for iodised salt]
- bread salt, iodised bread salt

This is a legal obligation.

Sea salt and dietary salt naturally contain a small amount of iodine. The products listed above are not allowed during the period of the diet. Always read the packaging to determine which type of salt has been added to the product. If in doubt, exclude the product from the diet.

Medication

Besides being in food, iodine can also be present in medicines. Examples include: tincture of iodine, Betadine® [also soaps, ointments, shampoos], certain cough medicine such as Stophoest® [Stophoest is a Dutch brand name of cough lozenges].

A number of alternative drugs also contain iodine. If the label mentions: povidone iodine or potassium iodide, then there is certainly iodine in the product. Ask your doctor/pharmacist whether medicines (including vitamins, homoeopathic and health food products) which you use contain iodine.

Contrast agents

There are various types of contrast agents. Not all types pose a problem for this diet. Contrast agents are commonly used during: X-ray or CT investigations, vascular investigation by means of a catheter in the bloodstream (angiography); cardiac catheterization or Dotter procedure. If iodine containing contrast has been administered recently the investigation or treatment with radioactive iodine will be much less effective and must therefore be postponed. Contrast used during an ultrasound or MRI does not contain iodine. If in doubt, consult the Department of Nuclear Medicine.

Cosmetics and disinfectants

Read the composition household remedies carefully as these often contain iodine.

Examples include: soaps, shampoos, bath salts made from sea salt, different ointments, skin/wound disinfectants such as tincture of iodine (Betadine®) and henna.

Key words on labels: potassium iodide, iodide, iodine, povidone iodine, henna.

All clear remedies for the disinfection of wounds, such as, for example, chlorhexidine, alcohol or Sterilon®, are permitted.

Overview

Foodstuffs that are not permitted

The following foodstuffs may not be eaten during the last four days prior to a treatment with radioactive iodine. Saltwater fish however, may not be eaten for an entire week prior to admission.

Bread:	All types of bread from a bakery or factory, except low sodium bread
Eggs:	Eggs and all products containing egg, such as pastry, cake, egg salad, omelette, mayonnaise and egg nog
Fish:	All salt water fish, fish products and fish oil
Shellfish:	All shellfish and seafood (including crustaceans, mollusks)
Seaweed, algae, kelp, Health food products:	All health food products containing seaweed, sea salt, algae or kelp. Fishmeal, prawn crackers, shrimp paste, tahini
Salt:	JOZO-salt (iodised salt), diet salt, sea salt
Liver:	All products containing liver, such as liver pate, cod liver oil, liverwurst
Colourings:	E127 [erythrosine, red]. This is often found in redfruit preserves, syrups, custard sauce, juice, certain types of sweets
Snacks:	Peanuts, crisps, cashew nuts, walnuts, cocktail nuts, prawn crackers, chocolate
Alcoholic beverages:	Not allowed, except at most two glasses of beer a day

Foodstuffs that are permitted [per day]

Tap water:	is allowed
Bread products:	Only home-baked bread with non-iodised [NEZO] salt [NEZO is a Dutch brand name for non-iodised salt] or baked using Koopmans®bread mix, or low sodiumbread from the baker. Crackers, Dutch ontbijtkoek [similar to gingerbread], matzos, rice cakes and crispbread
Spreads:	
Sweet spreads: :	All jams provided they do not contain colouring agent E127; fruit vermicelli
Luncheon meats:	up to 40 grams per day [2 slices], but these may not contain any liver

Cheese:	At most 1 slice or 20 grams of Dutch cheese
Butter and oils:	All types of margarines, butter substitutes and oils, whether or not salted, except fish oil
Meat:	Up to 100 grams of veal, horse, beef or pork. Liver and liver products, however, are not allowed!
Meat substitutes:	Up to 100g soya, grains, rice, permitted vegetables and potatoes, tofu, Tahoe (Indonesian tofu), tempeh (fermented Soya)
Gravy:	Gravy, home-made with mineral water
Bouillon or broth:	Broth must be home-made using approved products and prepared with mineral water and non-iodised salt
Soup:	Home-made soup using mineral water, non-iodised salt and permitted vegetables and meat
Vegetables:	The following fresh, frozen and tinned vegetables are permitted, provided they are not 'à la crème'): asparagus, eggplant, beetroot, cauliflower, brown beans, mushrooms, Chinese cabbage, peas, iceberg lettuce, celeriac, cucumber, kohlrabi, lettuce, corn, peppers, squash, leeks, red cabbage, soybeans, tomatoes, onions, white cabbage, carrots, sauerkraut. If the vegetables are to be boiled tap water may be used, provided the liquid is not used for vegetable sauce
Potatoes:	Boiled with NEZO salt, baked, deep-fried potatoes or mashed potatoes. Tap water may be used for boiling
Rice and pasta:	Ordinary macaroni, spaghetti and rice are permitted and may be boiled in tap water
Fruit:	Up to 2 servings of fruit from the following list: pineapple, apple, lemon, grape, raspberry, grapefruit, cherry, tangerine, mango, melon, pear, peach, plum, orange, rhubarb. Instead of one serving of fruit, a glass of fruit juice may also be taken
Beverages:	Coffee, tea, lemonade, provided they are prepared with mineral water; fruit juice: see fruit. Milk or milk products: in total 1 glass per day. Beer: 2 glasses. All soft drinks [including the light variety] are freely allowed. Syrup/ squash/ diluting juice is permitted if it does not contain E127 and tap water is not used. Mineral water must be used
NEZO salt:	Non-iodised table and cooking salt
Snacks:	Pre-packed factory-baked biscuits, ontbijtkoek [Dutch breakfast cake resembling gingerbread], currants, raisins and chewing gum
Miscellaneous:	All spices and condiments: aromatisation, garlic, vinegar, mustard, soy sauce, ketchup, tomato paste, sugar, potato flour and cornstarch