UNMHSC RADIOLOGY

INSTRUCTIONS TO BREAST-FEEDING PATIENTS

You have been given a radioactive drug (radiopharmaceutical) that can go into your breast milk. This form shows the radioactive drug that you received and ways to decrease the radiation dose to your child.

For most radioactive drugs (such as those containing technetium), the radiation dose to your child will be small, even if you continue to hold and nurse your child. However, we recommend these steps so that this radiation dose to your child will be even smaller:

1. Do not hold your child unnecessarily for long periods of time. Hold the child for as little as possible consistent with caring for the child's needs.
2. Stop breast-feeding for a short period of time (see below).

Depending on the radioactive drug, the time to limit holding your child and to stop breast-feeding may be a few hours to a few days. You may pump and throw away milk during that time.

For a few radioactive drugs (such as those containing radiiodine or thallium), your child could be exposed to a large dose of radiation. The exact effects are not known, but increased radiation dose can cause a small but increased risk of cancer in your child. If your child drinks milk with radiiodine in it, your child's thyroid gland can be hurt. We would not knowingly give radioactive iodine to a breast-feeding woman. In most cases, breast-feeding must be stopped completely before taking one of these radioactive drugs.

The name of the radioactive drug you have received and our instructions are given below. If you have any further questions, please call the UNMHSC Nuclear Medicine Department at (505) 272-2421 and ask to speak to one of the radiologists.

(Radioactive Drug) Given ___________________________ Amount __________________

Recommendations About Breast-Feeding:

- Stop breast-feeding completely for: _______________ Hours/Days (circle one)
- Make sure to pump and dump milk during the above noted time period to help eliminate the radioactive drug from your system, as well as, to reduce exposure to breast tissue.

I have read these instructions and have had my questions answered.

_________________________ Patient Signature ___________________________ Patient Name (print) ___________________________ Date/Time ___________________________

I have explained this information about breast feeding to this patient.

_________________________ Physician Signature ___________________________ Physician Name (print) ___________________________ Date/Time ___________________________
What To Do If You Are Breastfeeding And Getting A Radioactive Drug

You have been given a radioactive drug that can go into your breast milk.

The name of the drug you have gotten is _________________.
You have been given this amount: _____________________.

For most radioactive drugs, the amount of radiation that your child will get will be small. This is true even if you continue to hold and nurse your child. Follow the three steps below to make the dose to your child even smaller.

What steps can I take?

❌ Stop breast-feeding completely for ____ hours / days
(Staff fill in and circle one)

❌ Do not hold your child for more than 1 hour during this period.

✔ Make sure to pump and dump milk during this period.
This will help to get the drug out of your body.

Note: For a few drugs, your child could be exposed to a large dose of radiation. We would not give these drugs to a woman if we knew she was breast-feeding. In most cases, breast-feeding must be stopped completely before taking one of these drugs.

For you:
I understand these instructions and I have had my questions answered.

Patient Signature ____________________________ Patient Name (print) ____________________________ Date/Time ____________________________

For the doctor:
I have explained this information about breast feeding to this patient.

Radiologist Signature ____________________________ Radiologist Name (print) ____________________________ Date/Time ____________________________

Questions? Call Us!
Nuclear Medicine (505) 272-2421  Monday-Friday 8:00AM – 4:30PM
Ask to speak to a radiologist.

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Nuclear Medicine Department