



# CHONG HUA HOSPITAL MANDAUE

Mantawi International Drive, Subangdaku, Mandaue City 6014, Cebu, Philippines



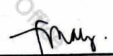
PhilHealth



Patient: ABAYABAY, MARIA FARAH  
Date of RAI therapy: 05 MAY 2025  
Diagnosis: Papillary Thyroid Carcinoma with Lymph Node Metastasis, s/p Total Thyroidectomy (03/21/2025)  
Activity administered: 150 mCi I-131  
Attending Physician: Dr. Lucille T. Puracan  
Requesting Physician: Dr. Alta Gracia B. Damalerio

## RADIATION SAFETY INSTRUCTIONS (POST-RAI THERAPY)

Travel using private vehicle (distance of 1 meter from others)	2 weeks
Maintain a distance of 1 meter from others.	2 weeks
Avoid close contact with children or pregnant women.	22 days
Sleep alone in a separate bed. Beds should be at least 2 meters apart, even if there is a wall separating them.	22 days
Time off from work.	2 weeks
Drink plenty of water.	2 weeks
Use separate eating utensils and wash them.	2 weeks
Use separate towels and bed linens and wash them separately from other items.	2 weeks
Wash hands thoroughly and flush toilet twice after use.	2 weeks
No kissing or sexual intercourse.	22 days
You should not be pregnant or father children after therapy.	1 year
Stop breastfeeding.	
Follow up with Dr. Alta Gracia B. Damalerio 1 month after RAI Therapy	

 May 8, 2025  
Patient's Signature/Date & Time