

Taking iodine tablets in the event of a nuclear accident

Under 40 years of age, pregnant, breast-feeding or having children at home? If so, we recommend that you store iodine tablets at home. These tablets can provide protection against radioactive iodine in the event of a nuclear accident and should only be taken on the advice of the public authorities.

Keep this
information
sheet with the
Jodix tablets

Why should I take iodine tablets?

In the event of a nuclear accident, radioactive iodine can be dispersed in the air and absorbed by the thyroid gland when inhaling contaminated air and/or ingesting contaminated food and drinks. Iodine tablets will block the absorption of radioactive iodine by the thyroid gland and reduce the risk of you contracting cancer of the thyroid gland. Iodine tablets only provide protection against radioactive iodine and not against other radioactive substances.

The advice to take the tablets will often be accompanied by an advice to stay indoors for up to two days. It is therefore important that you store tablets at home.

When should I take the tablets?

You should only take the tablets on the advice of the public authorities. In the event of a nuclear accident, advice will be given via the media, relevant public authorities and www.dsa.no.

Who should take iodine tablets?

It is particularly important that children and adolescents under 18 years of age and pregnant and breast-feeding women take the tablets because they are at greatest risk of contracting thyroid cancer after being exposed to radioactive iodine. In special circumstances, it may also be appropriate for adults aged 18 to 40 to take the tablets. People over 40 are at very little risk of contracting thyroid cancer and do not need to take iodine tablets. Anyone who has had their thyroid gland removed need not take iodine tablets either.

The public authorities will provide more detailed advice on which population groups should take the tablets in the event of a nuclear accident and when.

NB! Iodine tablets for use in the event of a nuclear accident (Jodix) must not be confused with dietary supplements containing iodine. Ask your pharmacist for advice if you need daily dietary supplements which contain iodine, e.g. during pregnancy.

How much Jodix (130 mg) should I take?

Everyone over 12 years of age, pregnant and breastfeeding women:

1 tablet (= 130 mg)

The tablet should be swallowed with plenty of water or other liquids.

Children 3–12 years: ½ tablet (= 65 mg)

Break the Jodix tablet in two. Give the child one half. To be swallowed with plenty of water or other liquids. If necessary, the tablet may be chewed or dissolved in water. Give plenty of liquids afterwards.

Children 1 month–3 years: ¼ tablet (= 32.5 mg)

Break the Jodix tablet into four quarters. One quarter should be chewed or crushed and given on a spoon with yoghurt, jam or other semi-solid food, or dissolved in water. When dissolving in water: Place one quarter in a glass, add a little water and stir for about 2 minutes. Ask the child to drink the dose. Give the child plenty of liquids afterwards.

Children under 1 month: 1/8 tablet (= 16.25 mg) dissolved in liquid

1. Break the Jodix tablet into four quarters.
2. Place one quarter in a glass.
3. Add 5 ml of water to the glass. Use a syringe to measure out (if you don't have a syringe, add two teaspoons of water). Stir for about 2 minutes. The tablet will not dissolve completely, but this is OK.
4. The child must only be given half of 5 ml: Draw out 2.5 ml of the solution using a syringe (if you do not have a syringe, fill one teaspoon with the solution) and only give this amount to the child. Discard the rest.
5. Give the child plenty to drink afterwards.

You will need: Dosing syringes can be purchased from pharmacies or alternatively use a teaspoon.

Children must be given the same dose regardless of whether or not the child is breastfeeding.

Children will not normally need to be examined by a doctor after they have taken iodine, but you should speak to your GP if you are in any doubt about the health of the child. This is because there is a slight increase in the risk of low metabolism in new-born babies (0-1 month) who have been given an iodine tablet.

Do not take iodine tablets:

- If you are allergic to potassium iodine or any of the other ingredients in the medication (listed in the patient information leaflet).
- If you have inflammation of the thyroid gland (thyroiditis)
- If you have any disorders of the thyroid gland
- If you have dermatitis herpetiformis (Dühring's disease)

Do you have any questions concerning iodine tablets? See www.dsa.no.

You will also find information in various languages here.