

How much Kaliumjodid SERB (65 mg) should I take?

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

2 tablets (= 130 mg)

The tablets should be swallowed with plenty of water or other liquids. If necessary, the tablets may be chewed, divided or crushed and mixed with fruit juice, jam, milk or similar.

Children 3–12 years: 1 tablet (= 65 mg)

To be swallowed with plenty of water or other liquids. If necessary, the tablet may be chewed divided or crushed and given on a spoon with yoghurt, jam or other semi-solid food, or mixed with water.

When mixing with water: put tablet in a glass and add a little water (an amount the child can drink). Stir for approximately 2 minutes - the tablet will not dissolve completely but that is fine. Give the dose to the child and plenty to drink afterwards.

Children 1 month–3 years: ½ tablet (= 32.5 mg)

Break the tablet in half. Give the child one half of the tablet. It can be chewed or crushed and given on a spoon with yoghurt, jam or other semi-solid food, or mixed with water.

When mixing with water: Place one half of the tablet in a glass, add a little water and stir for about 2 minutes. The tablet will not dissolve completely but that is fine. Use a syringe or a spoon if the child can not drink from a glass. Give the dose to the child and plenty to drink afterwards.

Children under 1 month: 1/4 tablet (= 16.25 mg)

Break the tablet into four quarters. Put one quarter in a glass, add a little water (about 2-2.5 ml or a teaspoon of water will be enough) Stir for approximately 2 minutes - the tablet will not dissolve completely but that is fine. Give the dose to the child using a syringe or spoon and plenty to drink afterwards.

Give children the same dose regardless of whether or not they are breastfed.

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

It is not normally necessary for children to be examined by a doctor after they have taken iodine, but you should consult your doctor if you are in any doubt about the child's state of health. 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 dose. For children born prematurely, iodine tablets are usually not recommended until they pass week 37 of pregnancy.

Do not take iodine tablets:

- If you are allergic to potassium iodide or any of the other ingredients in the medication (listed in the patient information leaflet).

Take iodine tablets but consult your doctor afterwards:

- If you have a metabolic disorder you should check your metabolic tests 6-12 weeks after intake.
- If you are pregnant and have a metabolic disorder, your metabolism should be monitored during pregnancy, starting 2 weeks after taking iodine.
- If you have dermatitis herpetiformis (Duhring's disease) your skin condition may become worse after taking iodine and your doctor may need to adjust your treatment.

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

You will also find information in various languages here.