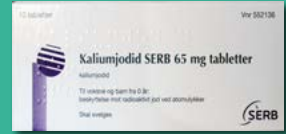


Kaliumjodid SERB (65 mg)



Taking iodine tablets in the event of a nuclear accident

Under 40 years of age, pregnant, breast-feeding or have children living 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 but should only be taken on the advice of the public authorities.

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. 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 advice to stay indoors for up to two days. It is therefore important that you store tablets at home.

Keep this
information
sheet with the
iodine tablets

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. People who have had their thyroid glands surgically removed also do not need to take thyroid tablets.

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

NB! Iodine tablets for use in the event of a nuclear accident 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 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.