



YOUR GUIDE TO

RADIATION PROTECTION & BREASTFEEDING

The investigation your doctor has asked us to perform requires an administration of a radiopharmaceutical. This is a radioactive substance that is used to detect abnormalities in the body. Depending upon the examination you are having, you may be required to interrupt breastfeeding for a short period of time to minimise the radiation exposure to your infant.

The amount of radioactivity passing into breast milk has been shown to be minimal for most Nuclear Medicine radiopharmaceuticals; however, the guidelines provided will ensure your child receives a radiation dose that is as low as reasonably achievable.

During the period of breastfeeding interruption, breast milk may be kept and stored as normal, then given to your child once the interruption period has elapsed. That is, the breast milk DOES NOT need to be discarded. During the interruption period, the radioactivity within the breast milk will naturally decay away.

Occasionally, you may also be asked to restrict close contact with your child to limit their radiation exposure as well.

If you would like to discuss this further, please ask the staff member assisting you.

Below are the Radiation Protection guidelines with respect to your Nuclear Medicine examination today.

Radiopharmaceutical: _____

Breastfeeding Interruption Period: _____

Close Contact Restriction: _____

REFERENCES: ARPANSA Safety Guide: Radiation in Nuclear Medicine 2008