



**KERNGENEESKUNDE / NUCLEAR MEDICINE  
TYGERBERG HOSPITAAL / TYGERBERG HOSPITAL**



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www.sun.ac.za/nuclear

## **UNYANGO LWERADIO-AYODINI ULWAZI OLULUNGISELELWE IZIGULANE**

Njengoko sele usazi ukuba ugula sisigulo esibizwa ngokuba kukusebenza kakhulu kwedlala kwethiroyidi, ucetyiswe ukuba ufumane unyango olubizwa ngokuba yiradio-active ayodini (radio-ayodini) ukunyanga incindi eninzi ekhutshwa yithiroyidi.

Iradio-ayodini ingena kwithiroyidi, ukuze inike ubushushu kwidlala. Le ndlela yonyango itshabalalisa inxalenye yedlala elisebenza kakhulu likhupha incindi eninzi. Loo nto yenza ukuba ithiroyidi isebenze ngendlela eqhelekileyo.

Inkqubo yokuyenza le nto ilula kakhulu. Uya kufumana umhla nexesha oza kutyelela ngawo **iNuclear Medicine, inombolo yefowuni ngu-938-4265, eGold Avenue, kumgangatho we-10, kwisibhedlele saseTygerberg**, kusasa ngoLwesine. Apha uya kufumana I-ayodini eyipilisi. Emva koko uya kubuyela ekhaya. Yonke le nkqubo ilula oku kokusela ipilisi kumntu onentloko ebuhlungu.

**Umhla nexesha lotyelelo kufuneka ugcinwe kuba kuya kube kwenziwe amalungiselelo oku-odola ithamo leradio-ayodini elungiselelwe wena qha. Eli thamo lifaneleke lenziwe ngomhla nexesha elithile.**

Akukho malungiselelo ekufuneka uwenzile phambi kokuba usele lepilisi. Nangona kunganyanzelekanga ukuba ungenzi, kucetyiswa ukuba ngale ntsasa uza kutyelela ngayo ekliniki ufumane isidlo sakusasa esikhaphukhaphu.

Mhlawumbi ungazikhathaza ngokufuna ukuza nento eyiradio-active. Injongo yale ncwadana kukuqinisekisa ukuba unemibuzo eqhele ukubuzwa zizigulane iphendulekile.

### **Wena nonyango lweradiyeshini**

Ngenxa yokuba uninzi lwe-ayodini lujongene nokungena kwithiroyidi, leyo ingafunwayo yithiroyidi ayinamsebenzi emzimbeni (iphuma xa uchama). Uvavanyo olwenziwe ngobuchule kumawaka ezigulane ezisebenzisa unyango lweradio-active ayodini kumashumi eminyaka eyadlulayo azange lubonise ukwanda komhlaza okanye lubonise ukhubazeko kubantwana abazalwe zizo.

### **Abanye abantu nonyango lweradiyeshini**

Ungafuna ukuzikhathaza ngabanye abantu (izizalwane okanye izihlobo) eziza kusebenzisa olu hlobo lonyango xa uthe wadibana nabo. Ukuba uyathanda ungazama ungenzi nabo kwiintsuku ezimbalwa emva kokusebenzisa kwabo iradio-ayodini. Singakuqinisekisa ukuba umlinganiselo weradiyeshini oza kuwubona kwabanye abantu awunabungozi.

### **Ukukhulelwa nokuncancisa**

Kucetyiswa ukuba ungalwenzi naluphi na unyango lweradio-active xa ukhulelwe okanye uncancisa. Ukuba ukhulelwe okanye ukrokhela ukuba ungenzi, okanye uyancancisa, nceda wazise ugqirha okanye abo bakunyanyayo phambi kokuba bakunike unyango lweradio-ayodini. Kucetyiswa kwakhona ukuba isigulane esiza kufumana unyango lweradio-ayodini, okanye

umlingane okanye umfazi wesigulane eso angamithi kwinyanga ezintandathu emva kokuba isigulane sifumene olu nyango.

### **Amayeza**

Ukuba busebenzisa amayeza okuthomalalisa ukusebenza kakhulu kwethiroyidi anjengala (umzekelo Inderal<sup>R</sup>, Pur-Bloka<sup>R</sup> namanye), ungaqhubeka nawo kude kube ziiveki ezi-4 ukuya kwezi-6 emva konyango lweradio-ayodini. Ngoku uza kucetyiswa ngamanye amayeza owasebenzisayo. Nceda uze nawo onke xa uzokubonana nogqirha, ukuze nibonisane ngawo nogqirha oza kubonana naye.

### **Okulandelayo**

Uya kuphinda unikwe ithuba lokuba uze eNuclear Medicine, mhlawumbi ngoMvulo okanye ngoLwesine kusasa, ukuqalela kwiiveki ezi-6 ukuya kwezi-12 emva kokufumana iradio-ayodini. Kolu tyelelo kwakuphindwa kwenziwe uvavanyo lwegazi ukuze kujongwe ukuba isebenza njani ithiroyidi yakho. Ukuba ubuthunyelwe ngugqirha wabucala, uya kukuncedisa ukwenza utyelelo olulandelayo nokujonga ukuba unyango lukuqhuba njani.

### **Expected course Okulindelekileyo**

Kwixesha elininzi ukusebenza kwethiroyidi kugcinwa ngokuqhelekileyo kwiiveki nje ezimbalwa emva konyango olusebenzisa iradio-ayodini. Kumaxesha ambalwa luye luphindwe unyango olusebenzisa iradio-ayodini. Kumaxesha amaninzi izigulane zingathi emva kweminyaka zifumene olu nyango ziqaphele ukuhla ngokuhla kokusebenza kokusebenza kwethiroyidi

(ukukhutshwa kancinci kwencidi yedlala). Ukunciphisa oku kuya kuqhutywa uvavanyo lokusebenza kwethiroyidi, kwiinyanga ezi-3 ukuya kwezi-6, ize emva koko lube rhoqho ngonyaka ukuya kwemibini. Ukuba kungakho ukusebenza kwethiroyidi ngaphantsi komlinganiselo, inako ukulawulwa ngokusetyenziswa konyango oluyi (Eltroxin<sup>R</sup>).

Siyathemba ukuba iphendulekile imibuzo yakho emininzi. Singavuya ukuba singaxoxa nawe xa uneminye imibuzo.

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### **SIFUMANE**

Ukuba unemibuzo nceda ubuze ngaphandle kokuthandabuza.

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