

Taking iodine tablets (Potassium iodide G.L. Pharma 65 mg tablets)





In the event of a radiation accident, iodine tablets are used to prevent radioactive iodine (radioactive isotopes of iodine) released into the air from accumulating in the thyroid gland after ingestion or inhalation. Using iodine tablets in the event of a radiation hazard reduces the risk of thyroid cancer.

Only take iodine when the authorities issue a notice about taking the medicine. The authorisation to take the medicine will be announced on the radio or television or through other official communications.

Medicines must not be taken as a precaution

The pack contains 10 tablets. Do not exceed the dose. Only take one dose. The authorities may advise you to take a second dose later. However, a second dose is not recommended for newborn babies, pregnant women or breastfeeding mothers.

Dosage of iodine tablets for different age groups and pregnant women (only applicable to the 65 mg tablet)

Age	Dose	Number of 65 mg tablets	Image
infants under 1 month of age	16.25 mg	¼ tablet	
1 month–2 years	32.5 mg	½ tablet	
children aged 3–11	65 mg	1 tablet	
people aged 12–40 and pregnant women	130 mg	2 tablets	

People over 40 years of age do not benefit from iodine (excluding pregnant women).

The iodine tablet can also be crushed or chewed. To make it easier to take the medicine, you can crush the iodine tablet with a spoon, for example, and dissolve it in a small amount of water, milk or juice. It may take several minutes for the medicine to dissolve.

Do not take iodine tablets if:

- your thyroid has been removed or is not working (iodine is of no use)
- you have previously had a serious allergic reaction to iodine
- you suffer from hyperthyroidism, dermatitis herpetiformis or vasculitis with reduced complement levels (hypocomplementemic vasculitis).

Keep the tablets out of the reach of children. If your child has two homes, keep tablets at both homes.