
Annals of the ICRP: ICRP Publication 94— Release of Patients After Therapy with Unsealed Radionuclides

J. Valentin, ed.

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This interesting booklet documents the recommendations of the International Commission on Radiologic Protection (ICRP) on the release of patients from the hospital or clinic after they have received therapeutic radionuclides. The book begins with a useful summary of the main points covered. Because of the international scope of the book, it attempts to and indeed aptly describes the current requirements for release of patients in selected countries. Much of the book covers the use of radioiodine (^{131}I -labeled sodium iodide) in the treatment of cancer and hyperthyroidism and the use of radiolabeled antibodies. Recommendations are made, and release criteria described, for patients treated with other radionuclides. Some examples of patient release forms are included in the appendices. The collection of references is good but not overwhelming.

Certainly, the actual practice adopted for release of these patients needs to be individualized by each institution according to the federal, state, and local regulations. Nevertheless, this booklet provides invaluable guidelines for those contemplating changes to their own practice and for those who may choose to continue their own current practice for patient release. Overall, this is a concise and useful summary of the current status of patient-release considerations for physicians, technologists, and medical physicists who practice therapeutic nuclear medicine. It is a must-have reference for any nuclear medicine clinic.

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