



REAC/TS

*Radiation Emergency
Assistance Center/Training Site*

Do I Need to Take Potassium Iodide (KI)?

- Always follow directions from the public health authorities in your area.
- Potassium iodide (KI) is best taken before entering an area where there has been a radiological release. If it is not possible to take KI prior, it should be taken within 12 hours of the release.
- For dosing considerations, see the attached table. Note specific dosing considerations for infants and children.
- Continual doses of KI are unnecessary unless there is limited ability to appropriately shelter or evacuate, or unless there is not adequate control of the food and milk supply.
- For those over 40 years of age, the chances of developing thyroid cancer are minimal. Potassium Iodide (KI) should only be considered in this age group if the dose is greater than 5 Gy.
- For pregnant women, only one dose of KI is advised unless lack of sheltering, evacuation, or food supply control dictate otherwise.
- Care should be taken when administering KI to infants less than one month of age, as they will require follow-up thyroid testing by a medical provider.

**United States Food and Drug Administration (FDA)
Recommendations for Potassium Iodide (KI)**

Risk Group	KI Dose (mg)	Number of 130mg tablets	Oral Solution (ml)
Over 40 Years	130	1	2
18-40 years	130	1	2
12-18 years*	65	0.5	1
3-12 years	65	0.5	1
1 month-3 years	32	Use oral solution	0.5
Birth-1 month	16	Use oral solution	0.25

* Adolescents approaching adult size (>150 lbs) should receive the full adult dose. Over 40 years, only give if >5 Gy to the thyroid.

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<http://www.fda.gov/downloads/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/UCM318793.pdf>

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