

Potassium Iodide (KI) Preparation and Dosing Instructions for Use During a Nuclear Emergency To Make KI Solution (Liquid Form), using one 130 mg KI Tablet

If government authorities declare that a radiation emergency has occurred, you may have been exposed to radioactive iodine. Potassium iodide can prevent thyroid cancer in people who have been exposed to radioactive iodine. Potassium iodide is also known as KI. Children who have been exposed to radioactive iodine have a greater risk of thyroid cancer than adults do. You may need to make a KI solution (liquid form) for anyone who cannot swallow tablets. This sheet explains how to make and give the KI solution. FDA-approved KI tablets come in 65 mg and 130 mg strengths.

Instructions for preparing the KI solution **using one 130 mg tablet** are given below.

To Make the Potassium Iodide (KI) Solution You Will Need:

- **One 130 mg KI tablet**
- Teaspoon
- Small bowl
- Four teaspoons of water
- Four teaspoons of a drink. We recommend any one of the following:
 - White milk ■ Chocolate milk ■ Orange juice ■ Soda (For example, cola)
 - Infant formula ■ Raspberry Syrup ■ Water

Directions for Making the Potassium Iodide (KI) Solution:

Step 1. Soften the KI tablet:

- Put **one 130 mg** KI tablet into a small bowl. Add four teaspoons of water. Soak the tablet for one minute.

Step 2. Crush the softened KI tablet:

- Use the back of the teaspoon to crush the tablet in the water. At the end of this step, there should not be any large pieces of KI. This makes the KI and water mixture.

Step 3. Add a drink to the KI and water mixture:

- Chose a drink from the list above. Mix four teaspoons of the desired drink with the KI and water mixture made in Step 2. Adding the desired drink makes the final KI solution.

Step 4. Give the right amount of the final KI solution, using the chart below.

How Much of the Final Potassium Iodide (KI) Solution to Give Each Day

The chart below tells you how many teaspoons of the final KI solution to give each day. The amount is based on the person's age. Give this amount **once a day** until your healthcare provider or public health official says you may stop.

Age	Once Daily Dose of KI Solution
19 years and older	8 teaspoons
13 to 18 years (150 pounds or more)	8 teaspoons
13 to 18 years (149 pounds or less)	4 teaspoons
4 to 12 years	4 teaspoons
Older than 1 month to 3 years	2 teaspoons
Birth to 1 month	1 teaspoon

Storing Any Extra Prepared Final Potassium Iodide (KI) Solution:

Store any extra final KI solution mixed in Step 3 in a refrigerator. Any extra KI solution can be used another day. After 7 days, throw out any unused KI solution.