

7. Would the tablets make me ill if they were eaten by accident?

The tablets will not cause harm if taken at other times, but a small number of people might have an allergic reaction to them. Should a member of your family ingest MORE than the recommended dose, PARTICULARLY CHILDREN, you are advised to seek medical attention from your local hospital IMMEDIATELY.

8. Where can I get additional or replacement tablets?

Details of how to obtain additional or replacement tablets can be found in your Sizewell B Calendar, alternatively please contact Josh Tarling, Site Emergency Planning Lead, on 01452 654841 or joshua.tarling@edf-energy.com

For any further advice on this leaflet please contact Public Health England on 0344 225 3546.

This fact sheet has been produced by:

Public Health England, NHS England, Suffolk County Council, and EDF Energy



Public Health
England



FACT SHEET

ThySat 65mg Tablets



SIZEWELL B NUCLEAR POWER STATION

This fact sheet is for people living within 1km of Sizewell B Power Station

This fact sheet provides information about the use of stable iodine tablets and should be read together with the Sizewell B Calendar.

PLEASE NOTE: Your new supply of stable iodine tablets is changing from Potassium Iodate to Potassium Iodide. The new tablets have exactly the same effects as the old ones. The change is purely down to national stocking arrangements.

Your current supply of stable iodine tablets are now due for renewal and you will find enclosed a replacement package of ten tablets.

Dosage instructions are given in this leaflet under Question 5. For disposal of existing stock, please see below.

Pre-distributing the tablets to your home does not imply any change in the safety aspects of Sizewell B Power Station. The tablets are part of the detailed arrangements to protect the public in the event of a nuclear emergency and release of radioactive material to the environment from the power station.

Please ensure the tablets are stored safely and cannot be reached by children.

Returning out of date stock: Do not dispose of the tablets with your household waste. Please use the stamped addressed envelope enclosed or a community pharmacy for safe disposal.

Abdul Razaq
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Dr Alistair Lipp
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1. What is the risk of a nuclear accident at Sizewell B Power Station?

The risk of an accident involving a release of nuclear material from Sizewell B is very remote, as demonstrated by the safe operation of the power station since it was commissioned.

Although an accident involving a release of nuclear material from Sizewell B Power Station is very unlikely, the site operator EDF Energy, Suffolk County Council, NHS England and the Public Health England have the responsibility to work together to plan how local people might be best protected if there was ever a release of radioactive material to the public.

Part of the planning arrangements call for stable iodine tablets to be made available to the public and to be held at home by certain householders living within the Detailed Emergency Planning Zone.

2. What are stable iodine tablets?

High doses of radioactive iodine may cause cancer of the thyroid gland (this gland is found in the neck and concentrates iodine in the body). Radioactive iodine could be released if there was an incident involving certain types of radioactive material. Stable iodine tablets are taken to prevent radioactive accumulation in the thyroid gland.

Medical evidence has shown that if you take stable iodine tablets before or soon after exposure to radioactive iodine, the risk of thyroid cancer is greatly reduced. The tablets are highly effective if you take them within a few hours of exposure to radioactive iodine.

3. Will stable iodine tablets protect me from radiation?

Stable iodine tablets are not "ANTI-RADIATION" tablets. They will offer protection against the harmful effects of radioactive iodine. However, the tablets on their own will not protect you from the harmful effects of other forms of radiation.

4. How should the tablets be stored?

As with all medicines, the tablets should be kept in their original packet out of the reach of children and animals, but in a safe place where you could find them in an emergency. Do not store above 25°C as stated on the packet. You might wish to keep your tablets with or near to your Sizewell B Calendar.

5. How many tablets do I need to take?

DO NOT TAKE THESE TABLETS NOW. THESE SHOULD ONLY BE TAKEN WHEN INSTRUCTED TO DO SO

Please read the Patient Information Leaflet (PIL) enclosed with the tablets as soon as you receive them. Copies of the PIL are also available at:

<https://www.medicines.org.uk/emc/medicine/27528>

If you are instructed to take stable iodine tablets you should take the following dose:

Age	Dose	Quantity of Stable Iodine
Neonates Babies up to 1 month	Quarter of a tablet	16mg
Children From 1 month to 3 years	Half a tablet	32mg
Children From 3 to 12 years	1 tablet	65mg
Adults and children From 12 years	2 tablets	130mg

If you are pregnant or breastfeeding, this medicine can be taken over a short period of time. You should continue to breast feed if you are taking this medicine.

FOR BABIES AND CHILDREN

For babies and children unable to swallow the tablets the dose may be crushed and mixed with milk, water or juice before administration.

6. Are there any medical reasons why I should not take these tablets?

Do not take ThySat if you:

- are, or think you may be, allergic (sensitive) to potassium iodide or any other ingredients listed in section 6 of the Patient Information Leaflet.

If you are allergic to ThySat or any of the ingredients listed in section 6 consult your doctor.

Take special care with ThySat if you:

- are being treated for a thyroid problem
- suffer from dermatitis herpetiformis (a skin disease)
- suffer from hypocomplementaemic vasculitis (a disease causing inflammation of the blood vessels)
- have problems with your kidneys
- have problems, or are being treated for problems, with your adrenal glands
- are suffering from dehydration or cramp due to extreme heat
- are taking quinidine, captopril or enalapril
- are currently taking a diuretic ("water tablets") such as amiloride or triamterene.

If any of the above applies, please seek medical advice from your GP or pharmacist about taking potassium iodide tablets before there is a need to take them.