

**Home Preparation Procedure for Emergency  
Administration of Potassium Iodide Tablets  
to Infants and Children  
Using 65 Milligram (mg) Tablets**

**INTRODUCTION**

Once you have been notified by your federal, state, or local authorities that you have been exposed to radioactive iodine, it may be necessary to prepare doses of potassium iodide for infants, children, and teenagers using potassium iodide tablets. This card explains how to dissolve a crushed potassium iodide tablet in water and then mix that solution with a drink, and how much to give a child. Potassium iodide tablets come in two strengths: 130 mg and 65 mg. Instructions for 65 mg tablets are given below.

**YOU WILL NEED**

- Potassium iodide (KI) tablet
- Metal teaspoon
- Small bowl
- One of the drinks from the list below
  - Raspberry syrup
  - Low fat chocolate milk
  - Orange juice
  - Flat Soda (For example, cola)
  - Low fat white milk
  - Water
  - Infant formula

**DIRECTIONS FOR 65 MG POTASSIUM IODIDE TABLET**

**1. Grind the potassium iodide tablet into powder**

- Put **one (1)** 65 mg potassium iodide tablet into a small bowl and grind it into a fine powder using the back of the metal teaspoon against the inside of the bowl. The powder should not have any large pieces.

**2. Dissolve the potassium iodide powder in water**

- Add four (4) teaspoonfuls of water to the potassium iodide powder in the small bowl. Use a spoon to mix them together until the potassium iodide powder is dissolved in the water.

**3. Mix drink of choice with potassium iodide powder and water solution**

- Add four (4) teaspoonfuls of the desired drink to the potassium iodide powder and water mixture described in Step 2.

**HOW MUCH OF THE POTASSIUM IODIDE MIXTURE  
TO GIVE A CHILD  
USING 65 MG PREPARATIONS**

The number of teaspoons of the drink to give a child depends on the child's age. The chart below tells you how much to give a child. You should give potassium iodide **once** a day until a risk of significant exposure to radioiodines (radioactive iodine) no longer exists.

<b>If your child is:</b>	<b>Give your child this amount of Potassium Iodide (KI) *</b>
A teenager between 12 and 18 years old**	8 teaspoonfuls or (1) 65 mg tablet
Between 4 and 12 years old	8 teaspoonfuls
Over 1 month through 3 years	4 teaspoonfuls
An infant from birth through 1 month	2 teaspoonfuls

*Note: The dose for adults and pregnant or lactating women is 130 mg (two 65 mg tablets)*

*\* This is the amount to give your child for **one** dose. You should give your child one dose each day.*

*\*\* Teenagers approaching adult size (equal to or greater than 154 pounds) should receive the full adult dose (two 65 mg tablets or 16 teaspoonfuls of KI mixture).*

**HOW ALREADY PREPARED POTASSIUM IODIDE MIXTURE  
SHOULD BE STORED**

- Potassium iodide mixed with any of the recommended drinks will keep for up to 7 days in the refrigerator.
- FDA recommends that the potassium iodide drink mixtures be prepared fresh weekly; unused portions should be discarded.

**More detailed information regarding potassium iodide can be found on CDER's Bioterrorism Page at the following web address:**

[www.fda.gov/cder/drugprepare/default.htm](http://www.fda.gov/cder/drugprepare/default.htm)