While the tips below aren’t novel, they are intended to serve as basic reminders to help protect you from unnecessary radiation exposure. Even if you aren’t being “benched” or your dosimeter readings are within range, the ultimate goal is to keep your radiation exposure to a minimum.

When assaying a radiopharmaceutical unit dosage:

- Using tongs (distance) when assaying radiopharmaceutical unit dosages will decrease exposure to your extremities
- Moving the radiopharmaceutical unit-dose pig closer to the dose calibrator before transferring the syringe to the dose calibrator will reduce the time the radioactive material is unshielded (time)
- Using both time and distance will further reduce extremity exposure

When transporting the unit dosage to the patient:

- When moving the unit dosage from the hot lab to the patient room, try to use the most shielding possible. For example, if you can carry the transport shield the dosage was delivered in, the exposure will be reduced to a safe level. Once you get to the patient room, use tongs to transfer the dosage to a syringe shield for administration
- When walking from the hot lab to the patient room, walk as quickly as possible (time) and hold the shielded dosage as far away from your body as possible (distance) to reduce exposure