

TO MAKE POTASSIUM IODIDE (“KI”) SOLUTION*

You Will Need:

- Two 65 mg KI tablets (130 mg total)
- A teaspoon (or metric liquid measuring device)
- Small bowl
- 4 teaspoons (20ml) of water
- 4 teaspoons (20ml) of a drink (Any one of the following: milk, juice, soda, infant formula, or water)

Directions for Making the Potassium Iodide (“KI”) Solution:

- **Step 1. Soften the KI tablets:**
 - Put two (2) 65 mg KI tablets (130 mg total) into a small bowl. Add 4 teaspoons (or 20ml) of water. Soak the tablets for one (1) minute.
- **Step 2. Crush the softened KI tablets:**
 - Use the back of the teaspoon to crush the tablets 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:**
 - Choose a drink from the list above. Mix 4 teaspoons (or 20ml) 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 when initially directed to do so, and continue to monitor public information sources (radio, television, etc.) for further instructions from emergency officials and/or public health officials.

Age	Once Daily Dose of KI Solution	Milliliters (ml) Conversion
Birth to 1 month	1 teaspoon	5ml
Older than 1 month to 3 years	2 teaspoons	10ml
4 to 12 years	4 teaspoons	20ml
13-18 yrs (<150lbs or 68kgs)	4 teaspoons	20ml
13-18 yrs (≥150lbs or 68kgs)	8 teaspoons	40ml
>18 yrs	8 teaspoons	40ml

NOTE: Mix concentration 3.25mg/ml. Single dose should not exceed 8 tsp or 40ml

Storing Any Extra Prepared 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.

*Based on USFDA instructions - <https://www.fda.gov/downloads/Drugs/EmergencyPreparedness/BioterrorismandDrugPreparedness/UCM318791.pdf>