

# Patient information

## Nuclear Medicine MIBG Scan

Your doctor would like you to have a Nuclear Medicine scan and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have. Should you have any questions regarding your appointment please contact us on one of the telephone numbers below between 9:00am and 5.00pm Monday- Friday.

0300 131 4797 or 0300 131 5853

### WHAT IS A MIBG SCAN?

A MIBG scan looks for certain types of cells by labelling them with a small amount of radioactivity. A Gamma Camera produces pictures of where the radioactivity is absorbed within your body. The pictures will help your doctor understand your illness. MIBG is the scientific name of the injection.

### IS THE SCAN SAFE?

The amount of radiation you receive is as small as possible and is similar to other X-ray procedures. The radioactivity leaves the body very quickly and it will not make you feel sick or sleepy.

### DO I NEED TO PREPARE FOR THE SCAN?

Please contact the department as soon as you receive this appointment to confirm you are able to attend as the injection is ordered specially for your test. We will also need a list of your medications as you may need to stop any that interfere with the uptake of MIBG. Medications that may need to be stopped include Labetalol, Diltiazem, Nifedapine, Verapamil, Amitriptyline, Imipramine, nasal decongestants, Cocaine and Phenothiazine.

You should avoid caffeine (tea, coffee, cola, energy drinks) for 24 hours before your first appointment. You can eat normally.

### IS THERE ANYTHING I SHOULD TELL THE STAFF BEFORE THE SCAN?

Women should tell us as soon as possible after receiving this appointment if they are pregnant, if they think they may be pregnant or if they are breast-feeding. Women between the ages of 12 and 60 will be asked to sign a form on the day of their test to confirm their pregnancy status. If there is any doubt, then by law we have to perform a pregnancy test before we can do the test.

### WHAT IS INVOLVED?

When you arrive for your appointment, you will need to take some tablets (Potassium Iodide) which prevent your thyroid from taking up the radiation. 1 hour later you will be given a small injection in a vein in your arm or hand. The injection is a radioactive tracer that is absorbed by specific cells. We do not expect you to have any side effects to the injection. Your first scan will take place approximately 4 hours later and will take about 1 hour. The scan is repeated after 24 hours. The repeated scan takes 1-2 hours. You will be asked to empty your bladder just before your scan and to remove any clothing containing metal and to empty your pockets. The scan involves taking pictures while you lie on your back on a bed. The camera is placed close to the part of your body being studied. Typically, the camera will slowly move from your head down to your toes after which we will do scans where the camera moves slowly around your body. In addition, the camera may perform a CT scan to help further assess your condition. It is important you keep very still during your scans.

### PRECAUTIONS AFTER THE INJECTION

After your injection you should avoid prolonged close contact with pregnant women and children for 48 hours. Children and pregnant women should not accompany you to the department. You should also avoid blood tests and dental visits during this time. If you are planning to travel abroad within 14 days after your appointment, please inform the staff during your appointment.

## WHAT CAN I DO AFTER THE INJECTION AND SCANS?

You can go home or to work. You can drive a car and eat and drink normally.

## WHAT HAPPENS TO THE RESULTS?

We cannot give you the results of your test. We will send a report to the doctor who asked for the scan as soon as possible.

## CONSENT

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## SOURCES OF INFORMATION

British Nuclear Medicine Society (BNMS)

## IMPORTANT INFORMATION

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## YOUR COMMENTS

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 or email: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## HAND HYGIENE

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## OTHER FORMATS

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask a member of our team.

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## Reference

The following clinicians have been consulted and agreed this patient information:

Dr Emma Owens, Consultant Radiologist, ESHT, Dr David Sallomi, Consultant Radiologist, ESHT

The directorate group that have agreed this patient information leaflet:

Core Services

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Responsible clinician/author: Mr Christopher Salt, Nuclear Medicine Modality Manager

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