

Patient information

Nuclear Medicine Cardiac 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 of the heart 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 Levadopa, Labetalol, Diltiazem, Nifedapine, Verapamil, Amitriptyline, Imipramine, nasal decongestants, Cocaine and Phenothiazine.

You must avoid caffeine (tea, coffee, cola, energy drinks) for 24 hours before your 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?

Shortly after you arrive you will be given 2 tablets (Potassium Iodide) which prevent your thyroid from taking up the radiation. One hour later you will have 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. You will have 2 scans. Your first scan will be 15 minutes after the injection and will take about 15 minutes. The second scan will take place 4 hours after the injection and will last approximately 30 minutes.

The scans involve taking pictures while you lie on your back on a bed. The camera is placed close to your chest. 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

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

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

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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