

# MIBG Scan



**Patients must also read their appointment letter  
and any enclosures carefully**

## What is a MIBG Scan?

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An MIBG scan is a diagnostic procedure, which looks at your adrenal glands. It is different to an x-ray and other types of scans. It involves an injection of a small amount of radioactive liquid and imaging with a special camera.

## How do you prepare for this scan?

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It is possible that some of your medication will need to be discontinued in preparation for the scan; therefore it is important that you phone the Nuclear Medicine Department when you receive your appointment letter to discuss your medication.

You can eat, drink and use the toilet as normal.

**Females:** Due to the radiation involved, there is a small risk to an unborn or breastfeeding child. Therefore, it is important that you let us know in advance if you are or may be **pregnant** or **breastfeeding**.

## Who can come with you for this scan?

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It is fine if you want someone to come with you on the day of the scan. However, because we only have one waiting room, we advise you not to be accompanied by children or pregnant women to help to minimise the radiation exposure to these people.

## Finding the Nuclear Medicine Department

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The Nuclear Medicine Department is located in Zone C, Department C16.

## How is the scan performed?

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A technician will ask you to swallow three small tablets in preparation for the scan. These tablets will **not** make you feel any different. You will then be asked to stay in the waiting room for about 15-20 minutes.

Next, you will be asked to lie on the scanning bed. A technician will inject a small amount of slightly radioactive liquid through a butterfly needle in a vein in your arm. While this is happening, a doctor will monitor your blood pressure.

You will then be asked to lie still while an image is taken using a special camera. This takes about 10 minutes.

You will then be free to do as you please for a few hours after which you should return to the department for further images to be taken. These will be taken with you lying on the scanning bed and will take about an hour.

You will be asked to return to the department 24 hours later (at the time stated in your appointment letter). The images taken during the previous appointment will be repeated and also some additional images will be taken where the camera moves around your body. This will take approximately 90 minutes.

You will **not** be enclosed in a tunnel and you will **not** be left alone.

## How will this scan affect you?

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The injection can cause lowering of your blood pressure; this is why your blood pressure is monitored. If this does happen, the technician will stop the injection.

The scan will not affect your ability to drive home so it is not necessary for anyone to accompany you unless you so wish.

For **24 hours** after the injection, all patients should sit on the toilet when passing urine.

## Will the radiation affect other people?

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You are advised to **avoid non-essential contact with children and pregnant women** for 24 hours after your injection, as stated in your appointment letter. This does not mean you should not be in the same room as these people, but do try to avoid sitting too close to them.

The radiation dose to other people around you is low and is therefore not a cause for concern.

## Are there any risks to you from the radioactive liquid?

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The radioactive liquid is used as sparingly as possible and the benefits of this scan far outweigh the small risk from radiation. The radiation dose you will receive is similar to the radiation that you receive from natural sources in a year. The radioactive substance is quickly eliminated from your body. You can help this process by drinking plenty of fluid for the rest of the day and emptying your bladder more often than normal.

## How will you get the results?

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You will not be given any results on the day of the scan. The consultant radiologist will, within a few days, send a report to the doctor or specialist who referred you for the scan.

## Travelling after your scan

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Some airports, seaports, train stations, bus stations and major sporting event venues have installed very sensitive radiation detectors. It is possible that these detectors may be triggered by the small amount of radioactivity remaining in your body on the days following your scan. Therefore, if you are planning to travel within **two weeks** following your scan, it is recommended that you carry your appointment letter to show to officials if necessary.

## Additional Information:

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If you have any concerns or questions with regard to this procedure, or you need this information in another format such as larger print, please telephone the Nuclear Medicine Department on the phone number below:

**Nuclear Medicine Department: 01225 824076**