

Nuclear Medicine **MIBG Scan**

Patient Information Sheet

An MIBG scan is a diagnostic procedure to check for the presence of neuroendocrine tumours.

It involves an injection of a small amount of radioactive tracer and imaging using a gamma camera and CT scanner (using x-rays).

Preparation for your appointment

It is possible that **some medications will need to be discontinued before the scan.**

Please **ring** the Clinical Imaging and Measurement Department once you receive your appointment letter to **discuss any medications** you are taking as these may affect your scan. Bring a list to your appointment.

Please let us know if you have any of the following conditions:

- Allergy to Iodine / Potassium Iodide
- Untreated Hyperthyroidism
- Dermatitis herpetiformis

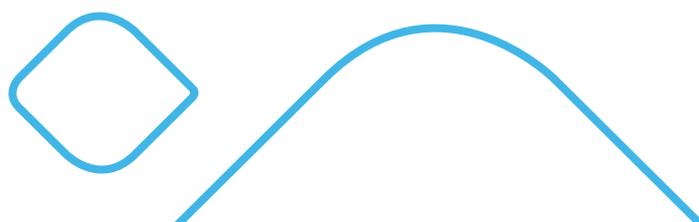
In the **24 hour** period before your appointment **do not eat or drink** anything containing catecholamine-like substance (e.g. coffee, tea, chocolate, blue cheese, bananas, citrus fruits). Do not eat or drink anything containing vanilla. Do not drink any alcohol. If you have any concerns or unsure of what foods are suitable, please ring **01225 82 6630**.

Are there any risks from the radioactive tracer?

The radioactive tracer 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 received from natural sources in **4 years**. Drinking plenty of fluids and emptying your bladder regularly will help to remove the radiation.

Please avoid long times of close contact to other people until **24 hours** after your injection. You may sit in the same room or car but avoid sitting directly next to others. Children and pregnant women have a higher risk from radiation, so you should avoid close contact with them for **48 hours** after your injection.

For 24 hours after your appointment all patients should sit on the toilet when passing urine. This is to make sure that all the urine gets properly flushed down the toilet as it will be slightly radioactive.



Pregnancy and Breastfeeding

Let us know in advance if you may be pregnant or breastfeeding. This is important because of the small risk of childhood cancer from the radiation that we use.

If you have male healthcare records and were registered female at birth, please talk to the technologist at your appointment so that they can rule out the possibility of pregnancy. This information will not be recorded or shared without your consent.

On the morning of your appointment please aim to drink at least 1 litre of fluids (preferably water). This will make giving the injection easier. You can use the toilet as often as you need to.

How is the scan performed?

Day 1

- You will be asked to swallow 2 small tablets containing iodine in preparation for the scan. These will **not** make you feel any different. You will then be asked to **wait 1 hour**.
- A cannula (small plastic tube) will be placed into a vein in your arm.
- The radioactive tracer will be injected through the cannula.
- You will receive this injection slowly, while monitoring your blood pressure. Sometimes the medicine used can raise your blood pressure, but this is rare. The injection will take around **10 minutes**.
- You can then go home following the injection. There is no scan on the first day.

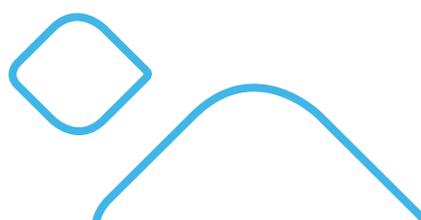
Day 2

- Wear or bring clothes that **do not contain metal clips or zips. ALL metal objects such as coins, keys, belts, jewellery and any clothing with metal must be removed for the scan.**
- Please use the toilet beforehand and we will make you as comfortable as possible before starting. If you would like to listen to some music, radio or even watch a film on DVD, please let us know.
- You have 2 sets of scans. The **first scan** will take 30 minutes. You will lie on the bed as the gamma camera moves over you, taking pictures continuously
- The **second scan**; the gamma camera moves in a circle around your chest, abdomen and pelvis, which could take up to **90 minutes** with a **1 minute** CT scan at the end.

After your scan

Results

Results will be sent to the doctor or specialist who referred you for the scan in 2-3 weeks.



Travelling after your scan

Some major event/ transport venues have very sensitive radiation detectors. These detectors could be triggered by the small amount of radioactivity remaining in your body on the days following your scan. If you're planning to travel within **2 weeks** following your scan, we recommend that you carry your appointment letter with you.

Information for other hospitals or care homes

Within the 7 days following your scan:

If you are admitted to a care home or hospital (other than the RUH), or if you are cared for by a healthcare worker in your home, please ask them to contact the RUH Clinical Imaging and Measurement Department. Their employer might need to register with the Health and Safety Executive to show that their staff are aware of the small amount of radioactivity that is present for a few days after your scan.

If you have any concerns or questions about your scan, or you need this information in another format such as larger print, please telephone: **01225 82 6630**.

Clinical Imaging and Measurement Department
Zone B, Department B58
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 82 6630 | www.ruh.nhs.uk

Please contact the Patient Support and Complaints Team (PSCT/ known previously as PALS) if you would like to feedback your experience of the hospital. Email: ruh-tr.psct@nhs.net or telephone: **01225 82 5656**.

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Medication Allergy Form

IMPORTANT

Please list below any prescribed medications that you are currently taking, and any allergies you are aware of.

MEDICATION	ALLERGIES

