

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.

Please let us know if you have any **allergy to Iodine**.

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 824080.

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.

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.**

If possible, please come to your appointment alone as we have a small waiting room.

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.

How is the scan performed?

Day 1

- You will be asked to swallow 3 small tablets containing iodine in preparation for the scan. These will **not** make you feel any different. You will then be asked to **wait 15-20 minutes**.
- 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. This will take around **10 minutes**.
- You can leave the department, **returning for your scan 4 hours later**.
- The scan will take up to **30 minutes**. You will lie on your back on the scanner bed as the gamma camera moves over you taking pictures continuously.

Day 2

- The images taken during the first scan will be repeated.
- Then the gamma camera moves in a circle around your chest, abdomen and pelvis for up to **90 minutes** with a **2 minute** CT scan at the end.

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.

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 call: **01225 824080**

Clinical Imaging and Measurement Department, Zone C, Department C16
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 824080 | www.ruh.nhs.uk

Please contact the Patient Advice and Liaison Service (PALS) if you would like to feedback your experience of the hospital. Email ruh-tr.pals@nhs.net or telephone **01225 825656**

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