

Nuclear Medicine **MIBG Heart**

Patient Information Sheet

¹²³I MIBG to distinguish IPD from other forms of parkinsonian syndromes

Preparation for your appointment

Some foods must be stopped for 24 hours before your test. Food containing **vanillin** (found in many sweet foods and pastries and even beer). Also catecholamine-like compounds (found in **chocolate, caffeinated food/drinks, blue veined cheese, bananas and citrus fruit**).

It is also 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.

In the 24 hour period before your appointment drink at least 2 litres 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 over your chest**. Bras, jewellery or hearing aids can be removed just before the scan.

If possible, please come to your appointment alone as we can only accommodate a small number of people in our waiting room.

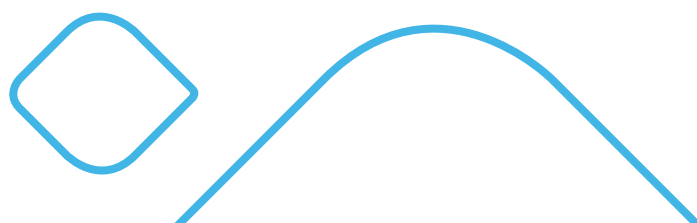
Are there any risks from the radioactive tracer?

To protect your thyroid gland, you will be given 3 x 65mg tablets of Potassium Iodide 20 minutes before the injection.

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 a year. Drinking plenty of fluids and emptying your bladder regularly will help to remove the radiation. There is a small possibility that your blood pressure will raise during administration, so we inject very slowly and monitor your blood pressure throughout.

We ask you to avoid prolonged close contact with **adults for 24 hours** after your scan; however, children and pregnant women have a higher risk from radiation, so you should avoid prolonged 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. The radiation dose you will receive is similar to the radiation received from natural sources in 2 years.



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?

You will be given 3 potassium iodide tablets, then have a cannula inserted into your arm. After 20 minutes, your Technologist will inject the radioactive tracer. You will be lying down and have your blood pressure monitored throughout the 10 minute administration.

After a short wait (10-15 minutes) you will be scanned on the gamma camera for 15 minutes. You are then free to leave the department. **But you must return in 3-4 hours for your second scan** which will be 15 minutes long.

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 **fourteen days** following your scan, we recommend that you carry your appointment letter with you.

Information for other hospitals or care homes

*Within the **seven 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**

