



# NUCLEAR MEDICINE MIBG SCAN

## Patient Information

### What is a MIBG scan?

A MIBG scan helps identify and localize certain abnormal tissues and tumours.

### Preparation

There is no special preparation for the examination and you may eat and drink normally before your appointment.

In regards to medication, some drugs may interfere with the scan. The doctor who referred you to us will tell you if you need to stop taking any of your medication before your scan. Otherwise take your medication as usual. **Please bring your full list of medications with you.**

**Please let us know if you have any allergies to iodine.**

### Pregnancy/Breastfeeding

If you are pregnant or breastfeeding it is essential that you let us know before your appointment date.

If you are a female of child bearing age (12-55 years old), you will be asked about your pregnancy and breastfeeding status. If you are unable to confirm you are not pregnant a pregnancy test may be performed.

### Chaperones

All patients are entitled to have a chaperone present for any consultation, examination or procedure where they feel one is required. This chaperone may be a family member or friend. On occasions you may prefer a formal chaperone to be present (ie. trained member of staff).

## The examination

Your examination is divided in two consecutive days which you must attend.

After your arrival, a radiographer will explain the procedure to you and will ask you a few questions about your health records. You will then be given 2 capsules of potassium iodide to swallow which protect your thyroid from the injection that we will give. You will also be given an additional 2 capsules to take home with you to take that evening. **1 hour** after you have taken the capsules you will have a small amount of radioactive tracer injected into a vein in your arm. The injected tracer is carried through the bloodstream to your brain. It emits gamma rays which can be detected by a piece of equipment called a gamma camera.

You will then be sent away and asked to return **4 and 24 hours** after injection for the scan. This time gap is to allow the tracer to be fully absorbed into your body tissues for us to see it. Between the injection and the images acquisition you may eat as normal but you should drink more than usual and empty your bladder regularly. This will help to produce better quality pictures.

When you return for imaging we will ask you to empty your bladder and then we will ask you to lie on your back on the scan table. The camera will be placed above and below your body and the machine will move slowly from your head to your toes acquiring images of your body. The machine is very quiet and you do not go through a tube or tunnel.

You do not need to undress for the examination, but you may need to remove metal objects from your clothing or pockets, such as coins, jewellery and/or belts as these will interfere with the quality of the pictures.

## How long will it take?

The administration of the capsule and the administration of the tracer both take approximately 15 minutes. The scan is carried out over 2 consecutive days and will take approximately 30 minutes (day 1) and 60 minutes (day 2). You are free to leave the department/hospital between the injection and scans.

Example of appointment layout (please note this is an example):

- 09:00 AM – Capsule administration (takes 15 minutes)
- 10:00 AM – Injection of radioactive tracer (takes 15 minutes)
- 02:00 PM – Scan (takes 30 minutes)
- Next day @ 10:00 AM – Scan (takes 60 minutes)

## Who will be present?

Your scan will be performed by a Nuclear Medicine trained member of staff which stays with you in the room while scanning. In addition we might have students in our department, and they will observe the procedure if you give your permission.

## Can I bring a friend or relative with me?

You can bring a friend or relative with you and they may accompany you for the injection or scan. Because our waiting room is very small, we would prefer that you do not bring more than one person with you. It is advisable NOT to have a pregnant woman or any children with you. This is to avoid exposing them to unnecessary radiation.

## Will the injection hurt?

The injection is very similar to having blood taken. It will not make you drowsy or prevent you from driving a car.

## Is radioactivity dangerous?

The amount of radiation involved is similar to that from an x-ray examination. The radioactivity naturally disperses from the body and is largely gone in 48 hours. The very low risk involved is balanced against the benefit of the information the examination provides for your doctors.

## After the examination

You will be asked to drink more than usual for the rest of the day to help clear the substance from your body. Otherwise you can continue as normal.

## How do I obtain my results?

The results will be sent to the doctor who asked for the examination, and will normally be with them within two working weeks, but if you have an appointment sooner than this, please let us know, and we will ensure the results are available for then.

## How to find us

The Nuclear Medicine department is in the main X-ray department at East Surrey Hospital. This is on the ground floor of the hospital, closest to the main entrance. You can also reach the department by following the main corridor from the east entrance.

**Please report to the main reception.**

## Further Information

If you need to cancel, change your appointment or have any concerns/queries about your examination, please contact the Nuclear Medicine department on: 01737 768511 x6001 (Monday to Friday, 9am – 5pm).

Directions, parking and travel information for East Surrey Hospital and Crawley Hospital is available on our website at [www.surreyandsussex.nhs.uk/finding-us/](http://www.surreyandsussex.nhs.uk/finding-us/)

## Gamma Camera Appeal Fund

A gamma camera appeal fund was set up by Mr and Mrs Bell in 1987 in memory of their son David, and it has been supported by local people ever since. Initially the funds were used to purchase our first gamma camera, and since then it has been used to purchase new and updated equipment; it has also been used for continuing professional education so that staff are able to provide an even better level of service to their patients. If you would like to contribute to the appeal fund, please send a cheque made payable to Surrey and Sussex Healthcare NHS Trust (Gamma Camera). Thank you.

## Contact Us

Surrey and Sussex Healthcare NHS Trust  
Diagnostic Imaging Department  
East Surrey Hospital  
Redhill Surrey RH1 5RH

Nuclear Medicine Department  
Tel: 01737 768511 Ext.6001 (Monday to Friday 9 am to 5pm)  
[www.surreyandsussex.nhs.uk](http://www.surreyandsussex.nhs.uk)

## Patient Advice and Liaison Service (PALS)

Telephone: 01737 231 958  
Email: [pals@sash.nhs.uk](mailto:pals@sash.nhs.uk)  
Write to: PALS, East Surrey Hospital  
Redhill, Surrey RH1 5RH

You can also ask a member of staff to contact PALS on your behalf.

---

This information can be made available in other languages and formats, including in larger text. Contact: 01737 231 958 for help.

Author: Nuclear Medicine Department  
Last updated: November 2019  
Nuclear Medicine MIBG Scan November 2019