

# Information for patients having an MIBG scan

Nuclear Imaging Department Radiology

The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

This leaflet tells you about having an MIBG scan. It explains what is involved and what the possible risks are. It is not meant to replace informed discussion between you and your doctor.

## What is Nuclear Imaging?

Nuclear Imaging is a way of imaging different parts of the body using a small amount of radioactive isotope tracer, attached to different chemicals. The isotope tracer is normally given as an injection into a vein but can be inhaled or swallowed depending upon the test.

These isotope tracers give off gamma rays which are similar to X-rays. A gamma camera is used to detect the rays and produce an image on the computer. Unlike ordinary X-rays nuclear imaging can be used to show how well an organ is working as well as what it looks like.

## What is an MIBG scan?

An MIBG scan uses a special radioactive tracer to check for any abnormalities within your abdomen it is usually done in conjunction with a CT scan and can identify a wide range of different diseases although most commonly it is used for assessing the adrenal glands.

The liquid radioactive tracer is administered into your body through a needle connected to a syringe pump

After your injection you will be free to leave the department if you wish and return for your first pictures approximately 3-4 hours later.

Further images will then be taken the following day so you will need to ensure you are available for two consecutive days

As a precaution we ask that you avoid prolonged close contact (over an hour at less than one metre) with any children or pregnant women, following your injection and for the rest of the day. This is to avoid exposing them to unnecessary radiation.

## Is there any preparation?

There are many medications that can interfere with an MIBG scan therefore it is important for you to contact us (if we have not already spoken) and tell us what medication you are currently taking before coming for your scan.

During the 2 days of the scan you will need to take a special tablet twice a day, these will be given to you when you first arrive in the department and will ensure that the dye will not go to the thyroid gland which is sensitive to it.

You can eat and drink normally through out this examination.

## Can I bring a relative / friend?

Yes, but they should be over 18 and not pregnant.

## What if I am pregnant or breastfeeding?

If you are pregnant or think you may be pregnant you should inform the department before attending for your scan. Also certain radioactive substances are excreted in breast milk. If you are breastfeeding you should tell us prior to coming for your scan, so we can advise you of any special precautions.

## What happens during the scan?

Prior to your scan you will be asked to use the toilet and empty your bladder. You do not have to undress for the scan but will be asked to remove metal objects such as keys or coins from your pockets and to take off any jewellery.

The scan is taken with you lying on an examination couch underneath the gamma camera. The camera normally starts off above your head and after a short time the bed will move you out allowing the camera to scan down your body.

Following this first image the camera will reposition above you but this time it will rotate around you to build up a 3D Image of your abdomen.

This procedure will be repeated on both days

## How long will it take?

As previously mentioned this examination is performed over 2 days.

Day 1 includes the injection in the morning which will take about 30 minutes followed by a full series of images 3-4hours later, which will last 1 ½ hours

After your injection you will be given a time for your images to be taken. If you are an outpatient you may leave the hospital until this time. If you wish, however, there is a waiting area for you to use should you want to stay within the hospital.

Day 2 will just include images taking 1 ½ hours

## What are the risks?

Most things that we do in life or in medicine have a small risk and we want you to understand any risks involved. Please remember that we would not recommend this test if we did not think that the risks were outweighed by the potential benefits.

If you have any questions or concerns please get in touch with us on 01902 307999 Ext: 6347.

# Radiation

The radioactive tracer injection exposes you to gamma rays which are a form of radiation similar to X-rays. We use as little radiation as possible – the amount used is similar to that in many other X-ray or nuclear medicine scans and is the same as a few years' worth of the natural background radiation to which we are all exposed.

## Are there any side effects?

During the injection on day 1 there is a small chance the dye could raise your blood pressure making you feel warm and light headed this will only last up to 30 minutes after which time you will get no further side effects.

## When do I get the results?

We cannot give you the results of the scan on the day you attend. The scan will be reviewed and a written report sent to the Consultant/GP who referred you, this can take up to 10 working days.

Your Consultant will then arrange a follow up appointment to discuss the results of your scan.

## What should I do if I have a query about my appointment?

If you have any queries about your scan or wish to alter the appointment please contact the department on:

01902 307999 ext 6347

Mon – Fri between 9 – 4

# Where can I get further information?

## **Websites:**

For general information about radiology departments, visit The Royal College of Radiologists' website: [www.goingfora.com](http://www.goingfora.com)

If you wish to know more about the radiation used in medical examinations information can be found on the Health Protection Agency website: [www.hpa.org.uk](http://www.hpa.org.uk)

# Transport Information

## **Zone A: A2 Radiology Department**

The nearest car parks are: P5 & P6 Car Park. Please allow time to park as our car parking areas may be busy. Car Parking in P5 is "pay as you leave", whilst P6 is "pay and display". There are designated spaces for disabled.

Public transport: details of the buses coming to the hospital are on our website [www.royalwolverhamptonhospitals.nhs.uk](http://www.royalwolverhamptonhospitals.nhs.uk) or telephone Centro Hotline 0121 200 2700.

Children under 16 years should be accompanied by a parent or guardian.

If you need an interpreter, please let us know and we will arrange one.

Please note that in view of patient confidentiality, we are unable to discuss any details concerning this appointment with anyone other than you.

# Radiology Department

The Nuclear Imaging department is on the 2nd floor of the Radiology Department.-Zone 2

The Radiology Department is situated off the main hospital street close to Greggs.

A site map can be found on the reverse of your appointment letter.

## English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

## Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

## Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

## Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

## Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

## Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。