

Patient Information Leaflet**MIBG Scan (I-123)****Introduction**

An MIBG scan is a nuclear medicine exam done to help detect changes in the adrenal glands and surrounding abdominal tissues. It is performed over a two-day period. Occasionally, an additional scan may be required on the third day. You will be informed on the second day if a third scan is necessary.

Preparation

There is no need to fast for this scan, you can eat and drink normally before it.

Inform us if you have an allergy to iodine or shellfish.

Inform us of any medications you are taking as some may need to be stopped for the scan.

The injection will not impair your ability to drive a vehicle.

Pregnant women or children should not attend the appointment with you.

Women of childbearing age

This scan should be scheduled within 28 days of the commencement of your last menstrual period to avoid inadvertent irradiation of a foetus. If your period is overdue, your appointment may be rearranged.

Scan**Day one:**

Your first appointment will be early on the first morning. On arrival you will be given two tablets to swallow to protect your thyroid gland before the isotope injection. 1 hour later, a radiographer will give the isotope injection into a vein in your arm. Your blood pressure will be monitored before, during and after the injection. You will then have to wait for approximately 4 hours before your scan is taken. During this waiting period you will be free to leave the hospital if you wish.

When you return, it will take approximately 30-40 minutes to complete your scan. You will be asked to lie on a table whilst the camera moves over your body.

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Day two:

Your appointment will be early in the morning. Again you will be given two tablets to swallow to protect your thyroid. You will be asked to lie on a table whilst the camera moves over and around your body. This will take approximately one and a half hours. There is no injection for this scan. The radiographer will inform you if you need to return for a third scan.

Radiation precautions after the scan

Some of the isotope will remain in your body for approximately 24 hours after your scan is complete. To minimise the radiation dose to yourself and others, you should take the following precautions during this period:

1. Drink plenty of fluids and empty your bladder as frequently as possible. When using the toilet you should avoid spills, flush the toilet twice and wash your hands thoroughly. You should sit on the toilet when passing urine.
2. If possible, avoid close contact with pregnant women, infants and children for 24 hours after your injection.
3. If you are a nursing mother express and discard breast milk for 24 hours after your injection. You may resume normal breast-feeding after this time.
4. You should postpone any other medical tests or procedures for 24 hours after the injection where possible.

Medical radiation: risks v benefits

We are all exposed to natural background radiation every day. Medical exposures give a small additional dose on top of natural radiation.

The amount of radiation received during a nuclear medicine procedure is low, resulting in the equivalent of approximately a few months to two year's background radiation.

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The only effect on the patient that is known to be possible at these low doses is a very slight increase in the chance of cancer occurring many years or decades after the exposure.

As long as it is clearly necessary to help make the correct diagnosis and treatment decision, the benefits of detection, diagnosis and treatment resulting from the nuclear medicine examination should outweigh these small radiation risks.