

Having an MIBG scan

Department of Nuclear Medicine

Information for Patients

Last reviewed: November 2024

Next review: November 2027

Leaflet number: 950 Version: 4

If you cannot attend your appointment please call 0116 258 5627 to rearrange at least 3 days before so that we can try to offer your appointment to someone else.

What is an MIBG scan?

This is a simple, safe procedure that uses a small amount of radioactivity to get images of your body. MIBG stands for meta-iodo-benzyl-guanidine. It is used to detect neuroendocrine tumours that have a special receptor on their surface.

This procedure takes place over 2 days.

You must tell us if:

- you are pregnant, think you may be pregnant, or have just missed a period.
- you are breastfeeding. Radioactive substances can come out in breast milk. We may advise you to stop breastfeeding for a short time.
- you have any incontinence problems. Radioactive substances will be present in your pee (urine). You may need special instructions because of this.
- you have problems with your memory or learning difficulties.
- you need an interpreter (please tell us at least 3 days before your appointment).

How do I prepare for the scan?

Please do not have any caffeine for 24 hours before your appointment.

If you need to stop any medications, these will be listed on a separate sheet with your appointment letter

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

What happens during the scan?

You will be taken into a room. We will explain the procedure you. You may ask any questions you have.

First appointment - day 1

The first part will take about 90 minutes. We will give you some medication to protect your thyroid from the radiation. This will either be a small drink or tablets to swallow. You will need to wait 60 minutes for this medication to work

After 60 minutes, we will give you a small radioactive injection in a vein in your arm. This is no more painful than having a blood test. We will check your blood pressure at intervals. This is to make sure that you do not have any side effects from the injection.

You will be free to leave the department until the next day, when you will return for your scan.

Second appointment - day 2

The second appointment is for a scan only. It will take between 30 and 60 minutes. In some cases this can take longer. We will ask you to lie still on a bed or chair. You may remain dressed.

To get good quality pictures the gamma camera will be quite close to you. You will not be left alone in the room.

What happens after the scan?

You will be radioactive after you have had your injection for the next 48 hours. To minimise any risk to yourself and others we ask you to:

- drink plenty of extra fluids.
- flush the toilet well after use (men should sit down when going for a pee).
- wash your hands well each time you use the toilet.
- avoid long contact (more than 30 minutes) with anyone who is or may be pregnant, small children and babies.
- usually there is no problem in returning to work, but please ask staff for advice if you work with radiation or in the photographic industry.

Are there any risks?

It is very unlikely that you will have any side effects from the radioactive injection. There is a small risk linked with the radiation you get by having this scan.

Ionising radiation can cause cell damage that may, after many years or decades, turn cancerous. We are all at risk of developing cancer during our lifetime. The normal risk is that this will happen to about 50% of people at some point in their life.

The dose of radiation you will get from this test is very small. It is the same dose you would get from the environment in about 2.3 years. Having this test will add only a very small chance of this happening to you. In fact, the risks from missing a serious disorder by not having this test may be much greater.

How will I get my results?

A radiologist will look at your scan. The results passed on to your consultant. They will be discussed with you at your next outpatient appointment.

Useful information

Due to the type of examination, friends and relatives will not be allowed into the room during the procedure, unless we need their help.

Please do not bring children with you to your appointment. Radiation is more hazardous for children and pregnant women than for adults, so please do not bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website <https://www.leicestershospitals.nhs.uk>

Directions to Nuclear Medicine

- Leicester Royal Infirmary – Level 0, Sandringham Building (behind the multi-storey car park).
- Glenfield Hospital – the department is best reached via the east entrance.

Contact details

For specific information about your test, please contact (answering machine checked during office hours):

Leicester Royal Infirmary: 0116 258 5627

Glenfield Hospital: 0116 258 3850

Leicester Radiopharmacy Service: 0116 258 5579

Leicester Radiopharmacy Service: 0116 258 5579

If you have a question about your medical condition please contact your GP or the doctor who made your referral.

Further information

Useful websites: www.bnms.org.uk www.radiologyinfo.org www.patient.co.uk

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਵਿਰਧਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk