



A lifetime of specialist care

Royal Brompton & Harefield **NHS**
NHS Foundation Trust

Your nuclear medicine I-123 MIBG scan – appointment information

Points to remember

- This scan takes place over two days. Please telephone us on 01895 828 880 as soon as you receive this letter if you need to cancel or change the appointment dates of your scan.
- We will post six iodine tablets to you (using Royal Mail guaranteed special delivery) a week before your scan. You need to take these tablets to protect your thyroid before and after the scan. It is very important that you take **two** of the tablets with each of these meals:
 - your evening meal the day before the test
 - at breakfast on the day of the test
 - and at breakfast the day after the test.
- Certain drugs interfere with a I-123 MIBG scan and will stop the scan from working. If you are taking any medication, please telephone us to let us know. We may ask you to stop taking the medication before your scan appointment.
- Please also let us know if you are allergic to iodine or iodide.
- On the days of the scan, try to drink more fluids than usual and go to the toilet often. There will be plenty of drinking water available in the nuclear medicine department. You can eat normally.

What is nuclear medicine?

Nuclear medicine is a special way of taking images of your body. Before we can take these images, we need to give you an injection containing a tracer. This is a substance with a small amount of radioactivity that highlights on the scan the part of the body we need to see in more detail.

About your I-123 MIBG scan

This scan is used to detect certain types of tumours (abnormal growths) called neuroendocrine tumours. These tumours occur in the cells of the body's neuroendocrine system and may be cancerous or non-cancerous. The neuroendocrine system makes hormones (chemical messengers) that regulate the work of different parts of the body. Neuroendocrine cells are spread throughout the body in organs such as the stomach, bowels and lungs.

On the first day we will give you a tracer injection containing a small amount of radioactive material. You will then need to wait for between three to four hours before we do your first scan. This is to give the tracer time to reach different parts of your body's neuroendocrine system. The scan is named after a chemical in the tracer called 'iodine-123 meta-iodobenzylguanidine' or MIBG for short.

To have your scan, you will lie on a couch while a camera takes images of your body for about an hour. Please keep still during the scan as any movement affects the quality of the images. We may also need to do a SPECT-CT scan. If we do, you will be given an information leaflet about that scan.

On the second day of your I-123 MIBG scan, we will ask you to lie on the couch again while we take more images.

How long will the appointments take?

You will be with us for about five hours on the first day. However, you will be free to leave the department for most of that time. On the second day you will be with us for about two hours.

Is there any risk from the radiation?

The amount of radiation used in a I-123 MIBG scan is kept to a minimum. We believe that the benefits of having the test far outweigh any risks. To avoid exposing children unnecessarily to radiation, please do not bring them with you to the department. Please ask if you have any questions.

Female patients

You should not have this scan if you are pregnant, think you may be pregnant, or are breastfeeding.

Diabetics

You do not need to change your diet or treatment. Please bring your insulin and any snacks as needed.

Are there any side effects?

The substance we give you does not have any side effects. It will not make you sleepy or stop you from driving a car.

After your scan

Please remember to take the last two iodine tablets. These will also help wash the radioactive tracer out of your body more quickly. The tablets should be taken in the morning the day after the scan.

You can eat and drink as usual and continue with your normal daily activities after your scan. You may go anywhere you like, but please try to avoid long periods of close contact with children for the next 48 hours. This is to avoid exposing them to unnecessary radiation.

Results

We will send the results of your scan to the hospital consultant who asked for the test.

Additional information

Please note that our nuclear medicine department scans many people every day. We try to keep to your appointment time as closely as possible, but should you be late or if there is an emergency at the hospital, it may not be possible to perform your scan immediately.

Hospital transport

If you need hospital transport to get to us, please ask your GP to arrange this.

Private patients

If you are a private patient please bring your private insurance details to your appointment, otherwise please pay your invoice on the day of your scan.

How to find us

The nuclear medicine department is in the ANZAC Centre, ground floor, Harefield Hospital.

Useful contacts

If you have any questions about your scan, please call us on 01895 828 880, Monday to Friday, 8:30am to 4:30pm.

If you need help or advice about any service or department at our hospitals, and feel unable to talk to those people responsible for your care, call the Patient Advice and Liaison Service (PALS) on 020 7349 7715 or email pals@rbht.nhs.uk. This is a confidential service.