

Your doctor has referred you for a Nuclear Medicine MIBG (Metaiodobenzylguanidine) Scan.

It is important that you read the enclosed booklet "Information about your Nuclear Medicine Test" with this leaflet.

## What is an MIBG Scan?

An MIBG scan is a simple test that helps identify and localise certain abnormal tissues and tumours.

## Do I need to do any special preparation before the MIBG Scan?

Some medications can interfere with the test and affect the results. You should follow any specific instructions on your letter regarding stopping medications before this test. Otherwise continue taking your medication as normal. Please wear loose comfortable clothing with no metal clasps or zips.

You may eat and drink as normal before the test.

## What does an MIBG Scan involve?

An MIBG scan is a two day procedure.

**Day 1:** The injection for the MIBG scan contains Iodine. Iodine is normally taken up by your thyroid gland. To avoid this we will give you Potassium Iodate or Iodide tablets. About 1 hour later we will give you an injection of a small amount of radioactive liquid into your arm. The staff performing your test on day 1 will tell you if you need to come back for a series of pictures 4 hours after the injection. During this time you can leave the department or stay with us. We ask you to drink plenty of fluids after the injection, and to empty your bladder frequently, this is to wash the radioactive liquid through your body.

We will give you another set of Potassium Iodate or Iodide tablets to take with your breakfast before coming back on day 2.

**Day 2:** You will have a series of pictures taken. We will not give you any more tablets or injections.

## How long does the scan last?

Scans typically take between 1.5 - 2.5 hours.

## Your appointment

If you can't make this appointment please tell us as soon as possible - we can arrange another appointment.

## Pregnancy and Breastfeeding

Where possible we try to avoid performing MIBG scans on patients who are, or may be pregnant. Therefore please contact the department if you are:

- Pregnant
- Breast-feeding
- You think you could be pregnant

## Children

If you are the primary carer for small children please contact the department as soon as possible to discuss any special instructions you may need after your test.

**If you are booking transport through the Scottish Ambulance Service please contact them as soon as possible and advise them you will be in the department for up to 6 hours on Day 1 and 3 hours on Day 2.**