

# Adrenal Scan (MIBG) Two day test



## **Who is this leaflet for?**

Your doctor would like you to have a nuclear medicine MIBG scan and has arranged for you to visit our department. This leaflet aims to answer any questions you may have, but please don't hesitate to contact us if you need any more information.

## **What is a MIBG scan?**

This is a sensitive test that shows how certain tissues or organs are working. MIBG is the name of the chemical we use for this test.

## **Are there any alternatives?**

You could have an MRI or CT scan, although you may need these tests as well as your MIBG scan.

## **Do I need to prepare for it?**

**This is a two day test. Please ring the department to confirm that you can attend. You may need to stop some of your medication for the period of the test but we can talk to you about this when you confirm your appointments.**

We advise you to wear loose and comfortable clothing. You can eat and drink normally during the two days of the test.

## **What will happen?**

Shortly after your arrival you will be given some tablets to protect your thyroid from the injection used for the scan. After about an hour, a small amount of radioactive tracer will be injected into a vein in your arm. It is very unlikely that you will have any side effects from this injection, and allergic reactions are very rare.

With any injection, there is a small risk that some of the tracer may leak around the injection site. The risk associated with this is very small (eg. reddening or darkening of skin) and we will advise on any follow up in the unlikely event that this should affect you. After this you will be able to leave the department and return 4 hours later for your scan. The radiographer will discuss the return time with you. You will also need to return the following day, again the radiographer will discuss the return time with you.

You will be given a further 2 tablets which you need to take the day after your injection.

## **How is the scan performed?**

You will be asked to lie on a couch for about 30 to 60 minutes, while the radiographer scans you. The camera will be positioned close to the part of the body being studied, but you will not usually need to remove any clothing.

## **Is it suitable for everyone?**

If there is a chance that you may be pregnant or are breast-feeding, please contact us before your appointment date.

## **When will I get my results?**

We are unable to give you the results of your scan on the days you attend. We will send a report to the doctor who asked us to do the scan.

## **Where can I park?**

Parking is in the pay and display car parks. There are 'dropping off' points and parking for the disabled near the main entrances.

We recommend the Park and Ride service at Langarth (West Truro) and Tregurra (East Truro) which operates a frequent bus service to the Hospital.

[www.cornwall.gov.uk/parkfortruro](http://www.cornwall.gov.uk/parkfortruro)

Please allow plenty of time when coming for your appointment.

## **Where is the Nuclear Medicine department?**

We are located in the basement of the Tower Block. On reaching the basement follow the signs to Nuclear Medicine, which is at the end of the corridor past Medical Physics.

## **Contact us**

If you have any queries or need any further information, please contact the Nuclear Medicine department on 01872 252330.

Those patients aged between 12 and 55 years may be asked their pregnancy status. If there is any doubt we will have to rebook your test, unless the test is urgent.

If you have any mobility problems, or if you suffer from urinary incontinence, please inform us before you attend your appointment so that we can make suitable arrangements to help you.

### **What can I do between the injection and the scan?**

You can go home and return later for your scan, if convenient.

### **Are there any risks or side effects?**

We ensure that the amount of radiation you receive is as small as possible. It is similar to the natural radiation you would receive from living in Cornwall for fifteen months. Radio-activity is eliminated from your body very quickly. Please drink plenty and empty your bladder regularly for 24 hours. This will help to eliminate the radioactivity from your body.

### **Should I take any precautions?**

Yes. Please avoid non-essential contact with children or pregnant women for two days.

### **Can I bring someone with me?**

Yes, but please do not bring pregnant women or children unless they are the patient.

**If for any reason you cannot attend, please inform the department so that another patient can have your appointment.**

**Please note that the Royal Cornwall Hospital is a smoke-free environment. Smoking is not permitted inside the hospital or on the grounds at any time.**

If you would like this leaflet in large print, braille, audio version or in another language, please contact the General Office on 01872 252690

