



GUIDE



MIBG scan



The Ottawa Hospital | L'Hôpital
d'Ottawa



Disclaimer

This is general information developed by The Ottawa Hospital. It is not intended to replace the advice of a qualified health-care provider. Please consult your own personal physician who will be able to determine if this information is appropriate for your specific situation.

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Your doctor has requested an MIBG scan. This booklet will answer some of the questions you may have.

What is an MIBG scan?

An MIBG scan is used for localization of certain types of tumors. This test may also be used to determine the cause of unexplained high blood pressure. Please speak to your physician if you have specific questions regarding why you are having this test.

Do I need to prepare for the scan?

You will be required to take concentrated iodine capsules, beginning one day prior to the administration of MIBG and continuing throughout the testing period. You will be provided with a prescription for these capsules, which may be obtained from Desjardins Pharmacy (located at the Civic and General Campuses).

Certain drugs may interfere with this study and these should be discontinued prior to the administration of MIBG. The clerk who books your test will ask you for a complete list of the medications that you are taking. It is important that you also bring your list of medications to your first appointment. Please check with your physician before stopping any medication.

What is involved?

When you arrive in the Nuclear Medicine department, a technologist will explain the procedure to you in full detail and then give you an injection of radioactive material medication that will help us to see certain types of tissue within your body. There are no side effects to this injection. After this is complete you will

be able to return home with instructions to return the next day for pictures of your whole body. When you arrive the next day, you will be asked to remove all external metal objects from your body and lie onto our imaging table. The technologist will then take pictures of your body from head to knees. This scan can take up to two hours to complete and it is important to remain very still. You will then be given another appointment to have the same pictures repeated the next day. Once all of the images are completed, you will be able to return home with no side effects.

Will it hurt?

Only the *pinprick* of the injection needle may hurt a bit. You may have had a blood test in the past. This is much the same.

Is the radiation dangerous?

The amount of radioactivity used for this test is quite small and will disappear by itself soon after the scan is finished. Most of the radioactivity disappears within one week.

Do I need to do anything after the scan?

No special precautions are needed after the scan. If you are travelling across any borders in the seven days after your scan, please ask us for further advice. Ports and airports have very sensitive radiation detectors which may pick up tiny amounts of radioactivity remaining after your scan. We will give you a letter that you can show to customs officials at ports or airports.

What happens to the results of the scan?

A specially trained doctor will examine the pictures. This is normally done soon after the end of the scan. A report is then sent to the doctor who asked us to do the scan. Your doctor will normally receive the report within one week.

Is there anything I should tell the staff before the scan?

Yes, if you are pregnant or think you may be pregnant, please telephone us to let us know. Also, please telephone us if you are breastfeeding.

What if I have more questions?

We want your visit to be as pleasant as possible. If you have any questions, please ask the staff in the Nuclear Medicine department. You can telephone before your test day, or ask before the scan starts. **Our telephone number is 613-761-4831, option 8.**

