

Nuclear Medicine MIBG Scan

Information for patients, relatives and carers

① For more information, please contact: **Radiology Department**,
Nuclear Medicine, York Hospital, Wigginton Road, York, YO31 8HE.
Telephone: 01904 725936 or e-mail: yhs-tr.ctconfirmations@nhs.net

About this leaflet

In this leaflet we tell you about the procedure known as a Nuclear Medicine MIBG scan. We explain what is involved and what the possible risks are. The information in this leaflet does not replace informed discussion between you and your doctor but can act as a starting point for such a discussion.

What is an MIBG scan?

An MIBG Scan is a Nuclear Medicine test which involves a small injection of a radioactive tracer and a series of scans over two days. This scan shows certain types of neuroendocrine tumours in the body. MIBG is the scientific name of the injection.

Are there any alternatives?

There may be alternative tests available. Your doctor has decided this test is the most appropriate for you. If you have any concerns, please discuss them with the doctor who referred you to us.

What preparation is needed before the scan?

The injection will need be ordered in for your test. After you receive your appointment letter, please telephone us on 01904 725936 to let us know if you can attend.

If you have an allergy to iodine, or are taking any of the following drugs, please let us know when you call to confirm your appointment:

- Reserpine
- Labetalol
- Diltiazem
- Nifedapine
- Verapamil
- Amitriptyline
- Imipramine
- Nasal decongestants
- Cocaine
- Phenothiazine

You should avoid caffeine (tea, coffee, cola, energy drinks, etc) for 24 hours before your first appointment. You can eat normally.

You will not be asked to remove your clothes for the scan, but you will be required to remove metal items such as belts, keys, and coins. Buttons and zips are fine.

Why have I been sent tablets?

These tablets contain iodine and stop the thyroid taking up the injection so it will work properly. It is very important that you take the enclosed tablets as follows:

- Two tablets in the morning of the **day before** you have the injection for the scan.
- Two tablets in the morning of the day you have the injection and Two tablets in the morning of the **following** day.

If you are **allergic to iodine**, do not take the tablets and let us know as soon as possible.

What happens during the MIBG scan?

This scan takes place over two days, and it is very important you attend for **both** parts.

Day 1 - Injection:

When you arrive at the Nuclear Medicine department, a member of staff will explain the scan to you, and you will have the opportunity to ask questions.

You will receive a small injection into a vein in your arm. On rare occasions, the injection can raise your blood pressure. You will be given the injection slowly and we will monitor your blood pressure. The injection takes around 24 hours to reach the parts we need to see on the scan, so once this is done you will be free to leave until your appointment the following day.

Day 2 - Scan:

On the second day, you will return for your scan. For your scan, you will lie on the scanner table. The first scan is in the form of a camera travelling close over your body, starting at your head. You will then have two scans where the camera will move around your body, followed by a CT scan which will be done using the same scanner. The CT scan uses x-rays to make a 3D image of your body which will help the doctor to pinpoint anything that shows up on the Nuclear Medicine scan. You should expect to be in the department for up to two hours for this appointment.

What happens after the MIBG scan?

After your injection you will be asked to limit your contact with small children and pregnant people for 24 hours.

You can eat as normal, but we recommend you drink more for three days after the injection to help your body wash it out faster. Any drinks including tea, coffee, soft drinks, etc are fine.

Are there any risks or complications?

Nuclear Medicine procedures are very safe diagnostic imaging tests. Side effects from the injection are extremely rare and mild, for example a rash, itching and nausea or headache. These usually pass after 48 hours. The amount of radioactivity involved is very small, and after 48 hours most of the radioactive tracer will have passed out of your body. There is radiation in the air and ground all around us called background radiation. This scan gives the equivalent of four years' background radiation.

This scan is not recommended for pregnant women. If you believe you are, or might be pregnant, or if you are breast/chest feeding, please let us know before your appointment. Further guidance has been published by Public Health England, visit website Exposure to ionising radiation from medical imaging: safety advice - GOV.UK (www.gov.uk)

How will I get my results?

You will not be given the results on the day of your scan. A report will be sent to the doctor who asked us to do the scan. They will then let you know the results.

What if I have any other questions?

If you have any worries or questions about your scan after reading this leaflet, please feel free to telephone us on 01904 725936 or email yhs-tr.ctconfirmations@nhs.net and we will be happy to talk to you.

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact: yhs-tr.ctconfirmations@nhs.net.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email yhs-tr.patientexperienceteam@nhs.net

An answer phone is available out of hours.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Leaflets in alternative languages or formats

If you would like this information in a different format, including braille or easy read, or translated into a different language, please speak to a member of staff in the ward or department providing your care.

Patient Information Leaflets can be accessed via the Trust's Patient Information Leaflet website:

www.yorkhospitals.nhs.uk/your-visit/patient-information-leaflets/

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