

## Information About Your Cardiac MIBG Scan

### Contact Information

**Phone:** 0121 371 2327    **Opening Hours:** Monday to Friday, 8.30am to 5.00pm.

Please read the following information carefully as it contains important information about your scan.

### What is a Cardiac MIBG scan?

A cardiac MIBG scan provides information about the function of the nerves in your heart.

### Is it safe?

For this scan, you will be injected with a small amount of radioactive tracer to take pictures of your heart and the risk associated with this is low.

The small risk from this is outweighed by the information gained from having the scan.

A medical professional will have checked the request to make sure this test is appropriate for you. If you have any concerns or require further information, please contact the department. If you do not understand why you need to have this scan, please speak to the doctor who referred you.

### For All Patients Aged Between 11-55

If you know you are pregnant, or there is a chance you may be pregnant, please contact the department as soon as possible, as the scan may be postponed if it is not urgent.

In line with national guidance from the Society of Radiographers, inclusive practice (or behaving in a way that makes all people or groups of people feel included and valued) is integral to effective healthcare.

If you are aged between 11 and 55, you will be asked to sign a form asking questions about any potential pregnancy and your registered sex at birth.

This is to ensure safe testing and accurate diagnosis when reviewing your images, as we will need to be aware of any potential variations in your anatomy.

This information will be stored sensitively and confidentially.

Please also contact the department if you are breast feeding, as we may need to give you special instructions.

If you require any further information about any of this or if you have any questions, please contact the department.

## **Preparation for Your Scan**

An accompanying letter will have been sent to you asking you to contact the department to arrange your appointment. You may need to stop some of your usual medicine before your scan, so please have a list of your medication to hand when you call the department.

There is no other preparation for this study - you can eat and drink normally.

## **Attending Your Scan**

It is very important to be on time for your appointment. If you are unable to attend or are going to be delayed, please telephone the department at the earliest opportunity. If you are late for your appointment, it may have to be rescheduled.

Please **DO NOT** bring children or anyone who is/may be pregnant with you to your appointment. Please only bring a relative, friend or carer with you if it is essential to do so. In order to accompany you to some of the areas in the department where restrictions are in place, it may be necessary to provide your relative, friend or carer with further information before permitting entry.

If you are travelling via hospital transport, please contact the department ahead of your appointment, as we may need to adjust the time slot to offer you an earlier appointment. There is a telephone number on your appointment letter to contact Hospital Transport.

## **Arriving for Your Appointment**

You will be asked to swallow two small tablets or a small amount of liquid in preparation for the scan. The tablets/liquid will not make you feel any different, they are just to stop the tracer from going to places other than your heart, particularly your thyroid gland.

## **Your Injection**

After approximately one hour after you have swallowed the tablets/liquid, a small amount of radioactive tracer will be injected into a vein in your arm or hand. This is much the same as a blood test you may have had in the past.

After the injection of the radioactive tracer, you will be asked to wait for about four hours before the scan. This is to allow time the radioactive tracer to be absorbed into your heart.

We will give you a time to return to the department for your scan at this point. You are more than welcome to leave the department in the period between your injection and scan.

We will ask you to drink plenty of fluids and go to the toilet as often as you need to, as this helps to get good pictures of your heart. Please let the staff know if you are on fluid restriction for any reason and if you have any urinary incontinence.

## **Your Scan**

Before the scan, you will be asked to go to the toilet to empty your bladder.

You may be asked to change into a hospital gown to remove any metal objects like buttons, belts, zips or hooks. Alternatively, you may choose to wear comfortable clothing with no metal parts. The scans are taken by a special machine called a gamma camera. The camera will move close to you whilst it takes pictures.

The scan typically takes 10-20 minutes, and it is important you keep still during this time. You will be asked to lie on your back on a special couch with your body underneath the camera detector.

If you think this may be difficult, are claustrophobic or would like to see one of our cameras prior to attending, please call the department before your appointment.

## **After Your Scan**

You will be able to resume taking your usual medication after the appointment.

It is very unlikely you will feel any side-effects after the injection or scan but, if you think you have, please let the Nuclear Medicine Department know as soon as possible.

After your scan there will be some radioactivity left in your body, but this does not present a significant risk to others around you. We ask you drink plenty of fluids and pass urine frequently, as this will help clear the radioactivity from your body.

After 24 hours, most of the radioactivity will have left your body.

For the day of your scan, we advise you keep any time you spend within arm's length of anyone pregnant, babies, and small children you see on a regular basis as short as possible, but there is no need to stop giving children essential love and care. If you have any questions about this, please contact the department.

## **Travelling Abroad**

It is perfectly safe for you to travel abroad after your scan, but many airports and seaports are equipped with very sensitive radiation detectors, which could detect the small amount of radioactivity left in your body. Please let staff know if you intend to travel abroad within one week of your scan, as we can provide you with documentation to take with you.

## **Your Results**

Your Cardiac MIBG scan will be looked at by a specialist doctor, who will issue a report. The report will be sent back to the Doctor who requested the scan not your GP. This is because the Doctor who requested your scan may have the results of other tests and can tell you how this affects your care.

## Information About You

As part of your care, information will be shared only where necessary with clinical staff. Information may be used to help train other staff, or to improve our quality of care. It will all be treated confidentially and your details will be removed where possible.

## Translation and Interpretation Service

Should you require an interpreter, please contact the department prior to your appointment so that we arrange this.

If you do not wish to use the hospital translation service, it is possible for a member of your family or a friend to translate for you, but this must be done in accordance with hospital policy, and your friends/family member will need to sign a disclaimer.

If you require this information in another format or language, please contact the department.

## 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 procedures for this purpose but only with your consent.

## Patient Advice and Liaison Service (PALS)

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

Please ask a member of staff for directions to the onsite Patient Advice and Liaison Service (PALS) office. PALS can also be contacted on 0121 371 3280, or email [pals@uhb.nhs.uk](mailto:pals@uhb.nhs.uk)

## More Information

All staff would like to make your visit as pleasant as possible. If you have any concerns or ideas to improve our services, please talk to a member of the team or ask at Reception for a Patient Satisfaction Survey form.

## Accessibility

To view this information in a different language or use text-to-speech reader visit [www.uhb.nhs.uk](http://www.uhb.nhs.uk), click the yellow and black circular icon in the bottom right of the web page to open the ReachDeck toolbar and then use the search bar to search by the name of the leaflet. If you require this information in another format such as braille, please email [interpreting.service@uhb.nhs.uk](mailto:interpreting.service@uhb.nhs.uk).

