

I-123 MIBG Cardiac Scan

About your procedure

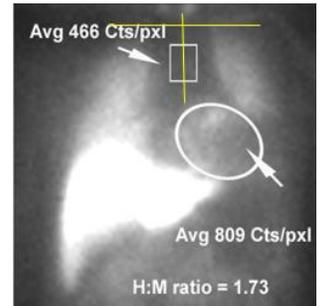
This handout explains what to expect when having an I-123 MIBG cardiac scan at University of Washington Medical Center.

What is an I-123 MIBG cardiac scan?

An I-123 MIBG cardiac scan will show your provider how the nerves in your heart are working. It is a nuclear medicine scan because it uses a radioactive *tracer* (X-ray dye).

How does it work?

We will give you a small dose of a tracer called I-123 MIBG through an *intravenous* (IV) line. This tracer collects in certain nerve endings in your heart and gives off gamma rays. The gamma camera detects these rays and takes pictures of the areas where the tracer is.



A picture that was taken during an I-123 MIBG cardiac scan.

How do I prepare?

- Your provider may ask you to stop taking certain medicines or may switch you to different medicines before your scan. Some of these medicines are blood pressure medicines, anti-depressants, anti-psychotics, diet pills, and most nasal sprays.
- We will give you a handout that tells how to prepare for your scan, your test dates, and what medicines you need to stop taking before the scan. Check with your provider before stopping or changing any of your medicines.
- If you cannot lie still for 1 hour, you may need *sedation* (medicine to help you relax) for the scan. Talk with your provider if you have concerns about lying still for that long.
- If you have them, bring your most recent CT, ultrasound, or MRI chest scans that were done at another clinic. They can be on films or CD-ROM. Our doctors will compare them to your new scan.
- *If you were assigned female at birth:* Tell your provider if you are breastfeeding or pregnant, or if there is any chance you could be pregnant.

Day of the Scan

- Starting 6 hours before your appointment time: Do **not** eat or drink anything. It is OK to drink water during this time. You will not be able to eat or drink anything until the scan is done.
- When you arrive in the Nuclear Medicine department:
 - *If you were assigned female at birth:* Tell the technologist right away if you are breastfeeding or if there is any chance you could be pregnant.
 - We will ask you to drink a small cup of water with potassium iodine added. This may have a slight metallic taste.
 - We will place an IV line into a vein in your arm.
- An hour after you drink the potassium iodine water, the technologist will inject a small amount of tracer through the IV.
- After you receive this injection of tracer:
 - You will stay in the Nuclear Medicine department for 30 minutes. We will monitor you during this time.
 - You will then have a break of 3½ hours. You may leave the area during this time, but do not do any heavy activities or exercise.
- We will start the imaging 4 hours after you receive the injection of the tracer. At this time, we will ask you to lie on an exam table. The technologists will help make you comfortable.
- We will take both still images and 3D images of your chest. These 3D images are called SPECT (*single photon emission tomography*). During the SPECT scan, the camera rotates around your body. A low-dose CT scan may be done at the same time as the SPECT scan.
- You must hold still when the camera is taking pictures. If you move, the pictures will be blurry and may have to be taken again.
- The imaging session may take 60 minutes.

What can I expect?

- You may have some minor discomfort from the IV.
- Some people find it hard to lie still on the exam table.

After the Scan

- Drink plenty of water to help your body get rid of the tracer. Most of it will quickly leave your body in your urine or stool. The rest will go away over time.
- Ask your provider if you need to restart any medicines that you stopped taking for this scan.

Your Results

When the scan is over, a nuclear medicine doctor with special training will review your images, write a report, and talk with your provider about the results. Your own provider will then talk with you about the results.

You and your provider will decide the next step, such as treatment for a problem, as needed.

You may also read your results on your MyChart page. If you need copies of your images on disc, call 206.598.6206.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC - Montlake Imaging
Services: 206.598.6200