

I-123 MIBG Scan

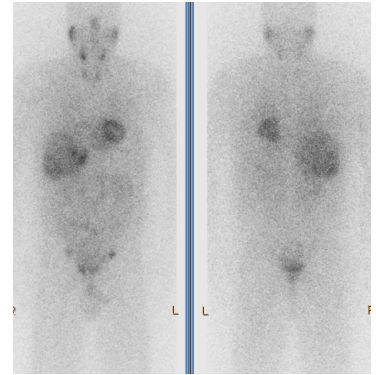
How to prepare and what to expect

This handout explains an I-123 MIBG scan. It includes how to prepare for the scan, how it works, what to expect, and how to get your results.

What is an I-123 MIBG scan?

This scan is used to check for some kinds of *neuroendocrine* tumors. It is a nuclear medicine scan that uses a radioactive tracer (X-ray dye) called I-123 MIBG.

Neuroendocrine tumors form in response to a signal from the nervous system. Some patients may have a *pheochromocytoma*, which forms on the *adrenal gland*.



Images from an I-123 MIBG scan

How does the scan work?

The scan is done over 2 days. On day 1, we will give you a small dose of I-123 MIBG through an *intravenous* (IV) line. This tracer collects in tumors and gives off *gamma rays*. A *gamma camera* detects the rays and takes images of areas where the tracer is.

How do I prepare for the scan?

- 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 over-the-counter nasal sprays.
- We will give you a handout that explains how to prepare for your scan. It will tell you 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 have them, bring your most recent CT, ultrasound, or MRI scans of your belly that you had done at another clinic. These can be on films or CD. Our doctors will compare them to your new scan.
- *If you were assigned female at birth:* Tell your provider if you are pregnant, breastfeeding, or if there is any chance you could be pregnant.

Scan Day 1

- You may eat and drink as usual.
- When you come to the Nuclear Medicine department:
 - *If you were assigned female at birth:* **Before** we start, tell the technologist 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.
- About 1 hour after drinking the potassium iodine water, the technologist will inject a small amount of tracer through an IV line. We will monitor you for 30 minutes after this injection.

Scan Day 2

- You may eat and drink as usual and do your other normal activities.
- Return to the Nuclear Medicine department for imaging.
- The technologists will help make you comfortable. The imaging may take 90 to 120 minutes. 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.

What can I expect during and after the exam?

- You may have some minor discomfort from the IV.
- Lying still on the exam table may be hard for some people.
- Most of the tracer quickly leaves your body in your urine or stool. The rest simply goes away over time.

Who reviews the results and how do I get them?

When the scan is over, a nuclear medicine doctor with special training will review your images, prepare 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. Ask your provider if you need to restart any medicines that you stopped taking for this scan.

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 health care provider if you have questions or concerns.

- UWMC - Montlake Nuclear Medicine/ Imaging Services: 206.598.6200
- Harborview Nuclear Medicine: 206.744.4473