

## **Nuclear Medicine Adrenal I123MIBG scan**

### **Patient information**

This leaflet will provide you with the necessary information about your Adrenal I123MIBG scan.

### **What is an Adrenal scan?**

An Adrenal scan is a diagnostic procedure to determine how well your adrenal glands are functioning and their anatomical appearance.

### **Preparation for the Adrenal scan**

Please inform us before you attend:

- If you are or think you may be pregnant
- If you are breastfeeding
- If you have problems weight bearing and need a hoist to be transferred
- If you are unable to lie still and flat on your back for 45 minutes.

### **Pregnancy and breastfeeding**

If you think that you are pregnant or think you may possibly be pregnant you must inform the department. This is because the foetus may receive some of the radioactivity.

If you are breast-feeding, your doctor may delay the use of the Adrenal scan, or ask you to stop breastfeeding.

### **Prescription: Potassium Iodide**

One day prior to your appointment you will be asked to take two tablets of Potassium iodide. This medication must be continued on the day of the scan and then for two days after your scan. This medication is required to block your thyroid to prevent unnecessary radiation to the thyroid gland.

### **Some medications affect the results of the scan**

Prior to the Adrenal scan you will be required to stop the following medications for at least two days before your scan.

**The following table lists the drugs that need to be stopped.** Please contact us if you want us to review your list of medications with you.

**INTERVAL  
MEDICATION NEEDS  
TO BE STOPPED FOR.**

**STOP for 2 days  
before scan**

**NO NEED TO STOP**

**MEDICATION**

**CNS, stimulants**

Cocaine, Amphetamine, Methamphetamine

**Drugs for anorexia and obesity**

Phentermine (Ionamin), mazindol,  
phenylpropanolamine, Norephedrine

**Drugs for ADHD, narcolepsy**

Methylphenidate

**Anti- depressants/Anxiety**

Bupropion, Sertraline, Amoxapine, Buspirane,  
Selegiline, Paroxetine, Citalopram

**Anticholinergics**

Benzatropine

**Levodopa and similar combination drugs**

Levodopa (L-DOPA),  
Co-beneldopa (Madopar)  
Co-careldopa (Sinemet)

**Dopamine agonists**

Pergolide (Celance), Bromocriptine (Parlodel),  
lisuride, Apomorphine (APO-go, Britaject),  
Ropinirole (Requip), Pramipexole (Mirapexin)

**Anticholinergics**

Biperiden (Akineton) Procyclidine (Arpicolin,  
Kemadrin), Orphenadrine (Biorphen),  
Trihexyphenidyl/Benzhexol (Broflex)

**MAO-B, COMT inhibitors**

Eldepryl, Zelapar, Entacapone (Comtess)

**The Adrenal scan**

The test involves having a small injection of radioactive tracer into a vein in your hand or arm. You will then be asked to return to the department, approximately 4 hours after the injection, for the scan. During this interval you can leave the department and eat and drink normally. On your return please allow 60 to 90 minutes in the department.

You will not be asked to get changed into a hospital gown and to remove any jewellery prior to the scan. The scans are taken with the gamma cameras very close to you but you will not be enclosed in a tunnel or be left alone at any time.

We will make every effort to make you comfortable as the scan time can be up to 60-90 minutes.

You will be asked to return 24 hours and possibly 48 hours after the injection for further scans. These scans may also take 60 to 90 minutes.

Due to the nature of the test it is advisable not to bring children to the department, unless they are the patient.

### **After effects of an Adrenal scan**

There are no known after effects from an Adrenal scan. You will be able to drive, travel by public transport and return to work if necessary. You will be advised to drink plenty of fluids and empty your bladder often. This assists the tracer to discard from your body quickly.

You will not need to take any precautions.

### **What are the risks of an Adrenal scan?**

The amount of radiation that you will receive from this investigation is very low and similar to the natural background radiation we all receive from the environment over a period of 27 months.

### **Where is an Adrenal scan performed?**

The Adrenal scan is only performed in the Nuclear Medicine SPECT CT Department which is situated in the X-Ray Department. On arrival, please book in at **X-Ray Reception** on the **Ground Floor**, close to the **Outpatient Entrance**.

As there is limited parking at the hospital, please allow extra time when planning your journey. If possible, please use public transport.

### **Who can accompany me for the scan?**

We would prefer that you do not bring more than one person with you.

Please note there are no childcare facilities available and children regrettably are not permitted to enter the examination rooms, unless they are having a scan.

### **Results of the Adrenal scan**

The Adrenal scan images will be reported by a Nuclear Medicine Radiologist and the report will be forwarded to the doctor who requested the scan.

### **Travel Abroad**

If you intend to travel abroad within 5 days of your scan please keep your appointment letter to take with you when you travel.

### **Diabetic patients**

Please phone 01895 279368 for further instructions.

### **Diagnostic Imaging Dataset (DID)**

Information from your diagnostic test will contribute to the Diagnostic Imaging Dataset (DID). This is a secure database that holds information on the imaging tests and scans carried out on NHS patients. This will allow the Health and Social Care Information Centre to see how

different tests are used across the country. Anonymised images may also be used for educational and academic purposes, both nationally and internationally.

Nothing will be reported that identifies you. It is only made available to appropriate staff and is kept strictly confidential. However, if you do not want your information to be stored in the DID, please let us know on the day of your scan and we will make sure your information is not copied into the DID.

### Who should I contact if I have a problem or question?

Monday to Friday, 8am to 4.30pm – please contact Nuclear Medicine SPECT CT Department on 01895 279368. Out of hours you should contact your GP.

### Languages/Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973.

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

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رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம் தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973 இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poprosz pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال بالرقم التالي 01895279973 .