

Nuclear Medicine- I123 MIBG Scan
Pre-exam Information and Instructions

Thank you for choosing Yale New Haven Hospital

We are looking forward to providing you with exceptional care.

Your doctor has ordered an I-123 MIBG scan. This is an imaging test that uses a radioactive tracer and a special scanner to find or confirm the presence of neuroendocrine tumors (pheochromocytoma, neuroblastoma or paraganglioma).

This exam takes place over two days.

Yale New Haven Hospital Preparation for this Exam:

Before Arriving for Your Exam

- Please arrive **15 minutes** early to check in.
- Children accompanying patients during visits:
 - Unfortunately, we cannot routinely supervise your children during your imaging study. We believe that you are best served when we can provide 100% of our attention to you. Therefore, we encourage you to make childcare arrangements or to bring a responsible adult with you to supervise your children.
- The injection for this exam is specifically ordered for you and is very expensive, if you are unable to keep your appointment or have any questions, please call us at 203-688-1011 option 7.
- Your physician's will prescribe Lugol's solution to be filled at your local pharmacy.
- Begin taking the Lugol's Solution one day prior to your scheduled I123 MIBG injection.
 - For Adults: Twice a day place 5 drops of the Lugol's solution in a small amount of liquids (water/juice/milk, etc.).
 - For Children: Twice a day place 2 drops of the Lugol's solution in a small amount of liquids (water / juice/ milk etc.).
- Take the Lugol's on the day of your injection
- Continue the above process for one day after the I123 MIBG injection.
- The Lugol's should be taken for a total of three (3) days.
- There are no food restrictions during this exam.
- Wear loose comfortable clothing, since you will need to lie still for a period of time.
- We want to make your waiting time as pleasant as possible. Consider bringing your favorite magazine, book or music player to help you pass the time.
- Please leave your jewelry and valuables at home.

After Arriving

- Upon arrival, a technologist will explain your procedure and answer any questions you may have.
- **ATTENTION Females (ages 10 to 55)**
 - To ensure Radiation Safety, the following is YNH Policy on pregnancy test for this Radiology exam.
 - **PARENTS:** A pregnancy test is required on all females (ages 10 to 17) prior to the start of the exam.
 - Females (ages 18 to 55) may either sign a waiver stating that there is no chance that you could currently be pregnant, or have the choice to take a pregnancy test prior to the exam

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During Your Exam

- This exam consists of two appointments over two days.

Day 1 First appointment

- Upon arrival, the technologist will explain your procedure and answer any questions you may have.
- You will receive an intravenous injection (in your vein) of a tracer dose of radioactive material.
- The level of radioactivity is extremely low and has no side effects.

Day 2 Second appointment

- A Technologist will bring you into the exam room for your scan, you will lie down on a scanning table. The scanner will move over and around your body.
- The scan will take approximately 90-120 minutes.

Exam Duration

- This exam consists of three appointments over two days

Day 1: First appointment: approximately 30-60 minutes

Day 2: Second appointment: approximately 90-120 minutes.

After Your Exam

- The Lugol's should be taken for a total of three (3) days
- Your exam will be interpreted by a Radiologist (a doctor who is an expert in understanding these exams). A report will be sent to your provider, who can review the results with you.

*For more general information on what to expect during your upcoming radiology exam.

Visit this link to **Nuclear Medicine General at RadiologyInfo.org**

RadiologyInfo.org is the public information resource developed by health care professionals in collaboration with patients. It was established to inform and educate the public about how various x-ray, CT, MRI, ultrasound, radiation therapy and other procedures/exams are performed and what you may experience during your procedure.

RadiologyInfo.org is sponsored by the Radiological Society of North America (RSNA) and the American College of Radiology (ACR).

**Yale New Haven Hospital thanks you for
choosing us to be part of your healthcare team.**