

PATIENT INFORMATION

Patient's Name: _____

You have an appointment in the Nuclear Medicine Department on:

Date: _____ **Time:** _____

Please arrive 10 minutes early. This gives you time to check in. Please bring with you photo identification and your BC CareCard (personal health number).

Please do not bring your children with you unless you bring someone to care for them while you are having the test.

If you are not able to keep your appointment, please call **604-806-8008** as soon as possible. Please give us at least 24 hours notice so we can use your time for someone else. When you call, we will give you another date and time for your test.

Things you need to know

Why am I having this test?

The adrenal glands are small organs just above the kidneys. One of the functions of these glands is to produce adrenalin and noradrenalin for your body. This scan is done when too much adrenalin and noradrenalin is being produced in the body and the doctor suspects a tumour of the adrenal gland (pheochromocytoma). An example of when a tumour might be suspected is when high blood pressure does not respond to medicine. (Sometimes this test is called a MIBG scan.)

What do I need to do before the test?

★ Are you allergic to latex? Pregnant? Breastfeeding? Please tell us★

Several medicines, including those you can buy directly from a pharmacy, and herbal remedies can interfere with this scan.

For two (2) weeks before the test, do not take:

- any medicines for allergies, hay fever, nasal stuffiness or congestion, colds, or coughs
- any diet pills
- any health food supplements or herbal remedies

If you are taking medicine(s) directed by your doctor (prescription medicine), ask your doctor for specific instructions on what, if any, changes you need to make in taking your medicine(s).

This test is done over 3 days so make sure you plan to be available over this time.

What happens during the test?

Day 1: This part happens over 5 hours. First, we give you a drink of an iodine solution. You then come back in 4 hours. You may leave the department/hospital during this time.

You must return to the department at the scheduled time. At this time, we need to give you a radioactive material called a 'tracer' into your blood stream. To do this, we use a needle to insert a small flexible tube into a vein in one of your hands or arms. We inject the tracer called 'MIBG'. This is called an intravenous injection (*intra* meaning 'into' and *venous* meaning 'vein', commonly called an IV). We remove the intravenous once we finish injecting the tracer.

Day 2: We give you a time to come back on Day 2. During this visit, we take a set of pictures or images. This takes about 90 minutes (1½ hours).

Day 3: We give you a time to come back on Day 3 (which is now 48 hours after the MIBG injection). We do another set of images. Again, this takes about 90 minutes (1½ hours).

What can I expect after my test?

You need to continue to drink the iodine solution for one week after the tracer injection. We give you the solution and explain when to drink it. The iodine solution prevents your thyroid gland from being damaged by the radioactive tracer (MIBG).

There are no side effects of this test.

We send your test results to your doctor within 5 working days after the test is completed. If your doctor does not have your results within two weeks, please ask your doctor to contact us.

If you are planning to travel within 3 months of this test, please tell the Nuclear Medicine receptionist. We will give you a letter that says you have been given a small amount of radioactivity for this test.