

Iodine-123 Meta-iodobenzylguanidine (I-123 MIBG) for diagnostic assessment

What is I-123 MIBG and what is it for?

We need to do a scan of your child's adrenal glands. The machine that does the scan picks up something called Iodine-123 Meta-iodobenzylguanidine (or I-123 MIBG for short) that we put in your child's body. This gives us the image we use to check for any abnormalities.

I-123 MIBG is given to the patient the day before the scan by a doctor via intravenous injection. Too much I-123 MIBG entering your child's thyroid could cause harm, so to prevent this your child must take a medication called Lugol's Solution (or Lugol's Iodine), starting 2 days before the injection and continuing for a total of 5 days. Lugol's Solution will saturate the thyroid to prevent I-123 MIBG iodine going into it.

How is Lugol's Solution taken?

It is important that Lugol's Solution is taken only as directed by your doctor. Do not give this medication to other people even if they have the same illness.

Lugol's Solution should be well diluted in water, milk or juice before being administered. The usual doses are as follows:

For infants less than 12 months of age



- Give 0.1mL **3** times a day.
- Start **2 days before the injection** of the I-123 MIBG.
- Continue giving the Lugol's Solution for a **total of 5 days**.
- This includes giving the Lugol's Solution **on the day** of the I-123 MIBG injection.

For children older than 12 months of age



- Give 0.2mL **3** times a day.
- Start **2 days before the injection** of the I-123 MIBG.
- Continue giving the Lugol's Solution for a **total of 5 days**.
- This includes giving the Lugol's Solution **on the day** of the I-123 MIBG injection.

What to do if a dose is missed

If you miss a dose and it is **within 2 hours** of your usual dose time, it can be taken as soon as you remember.

Do not take the missed dose if it is close to the next due dose. Inform your doctor and seek advice.



Storing the medication

The bottle must be stored at room temperature (25 degrees Celsius or below) in the box provided. It is important to keep your iodine solution out of the reach of children.

Do not keep the medication in the bathroom, near the kitchen sink or in other damp, warm places as this may reduce its effectiveness.

Use of other medication

Iodine can interact with a number of other medications, so it is important to advise your doctor or pharmacist before giving any other medicines.

This includes medicines that you buy without a prescription from a pharmacy, supermarket or health food shop.

Important information

It is important that this medication is taken well diluted in water, milk or juice.

Possible side-effects

As long as the medication is taken well diluted and as directed by the doctor there are usually minimal side effects from taking this medication.

Common side effects in sensitive patients include nausea and stomach pain, runny nose, headache, metallic taste and diarrhoea. It may also cause allergic symptoms.

Contact your doctor as soon as possible if any of the following side effects occur:

- Signs of an allergic reaction including rash, fever and facial swelling.

Dosage forms and strengths available

- Lugol's Iodine Solution APF Formula.

If you have any questions or concerns, contact your child's doctor or the PCH Pharmacy Department.

- Outpatient Dispensary: 6456 0190 – select option 2
- Paediatric Medicines Information Service: 6456 0190 – select option 1

In case of overdose or poisoning, contact the Poisons Information Centre on 13 11 26



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