

# Having a lymphatic drainage scan

Department of Nuclear Medicine

Information for Patients

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## What is a lymphatic drainage scan?

This is a safe and simple procedure. This is a test that looks for possible blockages in your lymphatic system.

**If you cannot attend your appointment please call 0116 258 5627. You must cancel at least 3 days before your appointment. This is so that we can offer your appointment to someone else.**

You may get a reminder by text message if we have your mobile phone number on our system. Please make sure you respond to this.

Before your appointment You **must tell us if** you:

- are pregnant, think you may be pregnant, or have just missed a period.
- are breastfeeding. This is because radioactive substances can come out in breast milk. We may advise you to stop breastfeeding for a short time.
- have problems with your memory or learning difficulties. We need to make sure you can follow all the instructions for your test and after you go home.
- need an interpreter (please tell us at least 3 days before your appointment).
- have help with personal care (paid or unpaid). Your care may need some safety instructions after you have had your dose of radiation.
- are arriving by ambulance please contact the Department as soon as possible.

## How do I prepare for the scan?

You do not need to do anything to prepare for the test. You can eat and drink before you arrive. You can take your usual medication.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk) for maps and information about visiting Leicester's Hospitals  
To give feedback about this information sheet, contact [InformationForPatients@uhl-tr.nhs.uk](mailto:InformationForPatients@uhl-tr.nhs.uk)

## **What happens during the scan?**

1. We will give you several small injections in the space between your fingers or toes. This depends on the information your doctor has asked for.
2. You will need to lie down flat on a bed for about 40 minutes after your injection with a camera close to you.
3. Then you will need to walk around to allow the injection to flow through the lymphatic system as far as possible.
4. We will then take more images until the doctors can see the lymph nodes.
5. This could take up to 3 hours in total.
6. You will not need to get undressed for the scan.

## **What happens after the scan?**

You will be radioactive after you have had your injection until the next morning. To minimise any risk to you and your friends we ask you to:

- Drink plenty of extra fluids.
- Male patients should sit down to pee. Flush the toilet 2 times after use
- Wash your hands thoroughly each time you use the toilet.
- Do not spend more than 30 minutes with anyone who is, or maybe, pregnant, small children and babies.
- There is no problem in returning to work. Please ask staff for advice if you work with radiation or in the photographic industry.

## **Are there any risks?**

It is very unlikely that you will have any side effects from the radioactive injection. There is a small risk associated with the radiation you get by having this scan.

Ionising radiation can cause cell damage that may, after many years or decades, turn cancerous. We are all at risk of getting cancer during our lifetime. The normal risk is that this will happen to about 50% of people at some point in their life.

The dose of radiation you will get from this test is very small. It is the same dose you would get from the environment in around 1 month. Having this test will add only a very small chance of this happening to you. In fact, the risks from missing a serious disorder by not having this test may be considerably greater.

## **How will I get my results?**

A radiologist will look at your scans. The results will be passed on to your consultant. They will talk with you at your next outpatient appointment.

## Can I bring someone with me?

Due to the nature of the test, friends and relatives will not be allowed into radiation areas. This is unless we need their help. Please do not bring children with you to your appointment. Radiation is more hazardous for children and pregnant women than for adults. Please do not bring them into the Nuclear Medicine Department unless they are coming for a scan.

If you need hospital transport, please see our website [www.leicestershospitals.nhs.uk](http://www.leicestershospitals.nhs.uk)

## Directions to Nuclear Medicine

- Leicester Royal Infirmary: Level 0, Sandringham Building (behind the multi-storey car park).
- Glenfield Hospital: the department is best reached via the east entrance.

## Who can I call if I have questions?

For specific information about your test, please contact (answering machine checked during office hours):

Leicester Royal Infirmary: 0116 258 5627

Glenfield Hospital: 0116 258 3850

Leicester Radiopharmacy Service: 0116 258 5579

If you cannot attend please let us know as soon as possible. This is so we can offer your appointment to another patient. You may get a reminder by text message if we have your mobile phone number on our system. If you have a question about your medical condition please contact your GP or the doctor who made your referral.

## Useful websites:

[www.bnms.org.uk](http://www.bnms.org.uk)

[www.radiologyinfo.org](http://www.radiologyinfo.org)

[www.patient.co.uk](http://www.patient.co.uk)

<https://www.informed-scan.com/types-of-imaging/nuclear-medicine>

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل

જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)