

# Having a lymphatic drainage scan

Department of Nuclear Medicine

Information for Patients

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**If you cannot attend your appointment please call 0116 258 5627 to rearrange at least 3 days before so that we can try to offer your appointment to someone else.**

## What is a lymphatic drainage scan?

This is a test that looks for possible blockages in your lymphatic system.

### You must tell us if:

- you are pregnant, think you may be pregnant, or have just missed a period.
- you are breastfeeding; this is because radioactive substances can come out in breast milk and you may be advised to stop breastfeeding for a short time.
- you have any incontinence problems. This is because radioactive substances will be present in your pee (urine) and you may need special instructions because of this.
- you have problems with your memory or learning difficulties.
- you need an interpreter (please tell us at least 3 days before your appointment).

## How do I prepare for the scan?

There is no preparation involved for the test, you can eat and drink before you arrive, and 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?

You will be given several small injections in the space between your fingers or toes; this depends on the information your doctor has asked for.

You will need to lie down quite flat on a bed for about 40 minutes after your injection with a camera close to you.

Then you will need to walk around to encourage the injection to flow through the lymphatic system as far as possible.

We will then take more pictures until the doctors can see the lymph nodes.

This could take up to 3 hours in total.

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 for the next 24 hours. To minimise any risk to yourself and others we ask you to:

- drink plenty of extra fluids.
- flush the toilet well after use (men should sit down when going for a pee).
- wash your hands thoroughly each time you use the toilet.
- avoid long contact (more than 30 minutes) with anyone who is or maybe pregnant, small children and babies.
- usually there is no problem in returning to work, however 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 receive 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 developing 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 receive from this test is very small. It is the same dose you would receive from the environment in approximately 1 month. Having this test will therefore 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?

Your scan will be looked at by a radiologist and the results passed on to your consultant. They will be discussed with you at your next outpatient appointment.

## Useful information

You may wish to bring a relative or friend with you. Due to the nature of the examination, friends and relatives will not be allowed into the room during the procedure, unless we need their assistance.

Please do not bring children with you to your appointment. Radiation is more hazardous for children and pregnant women than for adults, so 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 <https://www.leicestershospitals.nhs.uk> or call TAsL on 0345 241 3012 at least 3 days before your appointment.

## 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.

## Contact details

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 have a question about your medical condition please contact your GP or the doctor who made your referral.

## Further information

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)

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔  
على هذه المعلومات بلغةٍ 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)