



Information about your Lymphatic Drainage scan

Contact information

Phone: 0121 371 2327 **Opening hours:** Monday to Friday, 8.30am to 5.00pm

Please read the following information carefully as it contains important information about your scan.

What is a Lymphatic Drainage scan?

Your lymphatic system is a group of organs, vessels and tissues that protect you from infection and keep a healthy balance of fluids throughout your body.

Lymphatic system organs include your bone marrow and lymph nodes.

This scan is a Nuclear Medicine test that looks for differences in the lymphatic drainage of either your arms or legs, depending on where your issues are, such as your arms or legs swelling.

By injecting a small amount of radioactive material in between your toes or fingers, we can identify issues in the lymphatic system.

The test can take up to four hours.

Is it safe?

For this scan, you will be injected with a small amount of radioactive tracer to take pictures of your body and the risk associated with this is low.

The small risk from this is outweighed by the information gained from having the scan.

A medical professional will have checked the request to make sure this test is appropriate for you. If you have any concerns or would like further information, please contact the department. If you do not understand why you need to have this scan, please speak to the doctor who referred you.

For all patients aged between 11-55

If you know you are pregnant, or there is a chance that you may be pregnant, please contact the department as soon as possible, as the scan may be postponed if it is not urgent.

In line with national guidance from the Society of Radiographers, inclusive practice (or behaving in a way that makes all people or groups of people feel included and valued) is integral to effective healthcare.

If you are aged between 11 and 55, you will be asked to sign a form asking questions about any potential pregnancy and your registered sex at birth.

This is to ensure safe testing and accurate diagnosis when reviewing your images, as we will need to be aware of any potential variations in your anatomy.

This information will be stored sensitively and confidentially.

Please also contact the department if you are breast feeding, as we may need to give you special instructions.

If you require any further information about any of this or if you have any questions, please contact the department.

Preparing for your scan

Please ensure your hands and feet are clean prior to attending and that any dressings can be easily removed.

You can eat, drink and take medication as normal.

Attending your scan

It is very important to be on time for your appointment. If you are unable to attend or are going to be delayed, please telephone the department at the earliest opportunity. If you are late for your appointment, it may have to be rescheduled.

Please **DO NOT** bring children or anyone who is/may be pregnant with you to your appointment. Please only bring a relative, friend or carer with you if it is essential to do so. In order to accompany you to some of the areas in the department where restrictions are in place, it may be necessary to provide your relative, friend or carer with further information before permitting entry.

If you are travelling via hospital transport, please contact the department ahead of attending, as we may need to adjust the time slot to offer you an earlier appointment. There is a telephone number on your appointment letter to contact Hospital Transport.

Your injection and scan

You may be asked to change into a hospital gown to remove any clothing with metal objects like buttons, belts, zips or hooks. Alternatively, you may choose to wear comfortable clothing with no metal parts.

You will also be asked to empty your bladder immediately before the test.

The pictures are taken by a special machine called a gamma camera.

You will be asked to lie flat on your back on a special couch, with a camera above and below you. You may be asked to lie with your arms supported above your head. We will make sure you are as comfortable as possible.

If you think this may be difficult, are claustrophobic or would like to see one of our cameras prior to attending, please call the department before your appointment.

A small amount of radioactive tracer will be injected in the web spaces between your 2nd and 3rd toes/fingers on both feet/hands. This is much the same as a blood test you may have had in the past. The scanning will start immediately after your injection.

Each scan typically takes 10 minutes, and it is important you keep still during this time. Scans are usually taken at the following times after the injections: 30, 60, 120, 180 minutes.

An additional scan where the gamma camera rotates around you may be required and this will take approximately 15-20 minutes. You may also have a CT scan at this time to help locate any abnormalities.

We will not know if we need to perform these images until our specialist doctor has looked at your images.

After your scan

It is very unlikely you will feel any side-effects after the injection or scan but, if you think that you have, please let the department know as soon as possible.

After your scan there will be some radioactivity left in your body, but this does not present a significant risk to others around you. We ask you drink plenty of fluids and pass urine frequently, this will help clear the radioactivity from your body.

After 24 hours, most of the radioactivity will have left your body.

For the rest of the day, we advise that you try to limit close contact (within an arm's length) with pregnant people, babies, and young children, as much as possible, but there is no need to stop giving children essential love and care. If you have any questions about this, please contact the department.

Travelling abroad

It is perfectly safe for you to travel abroad after your scan, but many airports and seaports are equipped with very sensitive radiation detectors, which could detect the small amount of radioactivity left in your body. Please let staff know if you intend to travel abroad within one week of your scan to provide you with documentation.

Your results

Your scan will be looked at by a specialist doctor, who will issue a report. The report will be sent to the doctor who asked for the scan and not your GP. This is because the doctor who asked for your scan may have the results of other tests and can tell you how this affects your care.

Information about you

As part of your care, information will be shared only where necessary with clinical staff. Information may be used to help train other staff, or to improve our quality of care. It will all be treated as confidential and your details will be removed where possible.

Translation and interpretation service

Should you require an interpreter, please contact the department prior to your appointment so that we arrange this.

If you do not wish to use the hospital translation service, it is possible for a member of your family or a friend to translate for you, but this must be done in accordance with hospital policy, and your friends/family member will need to sign a disclaimer.

If you require this information in another format or language, please contact the department.

Teaching, training and research

Our Trust is committed to teaching, training, and research to support the development of health and healthcare in our community. Healthcare students may observe procedures for this purpose but only with your consent.

Patient Advice and Liaison Service (PALS)

PALS offer impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive and negative), answer questions and help resolve any concerns about Trust services.

Please ask a member of staff for directions to the onsite Patient Advice and Liaison Service (PALS) office. PALS can also be contacted on 0121 371 3280, or email pals@uhb.nhs.uk

More information

All staff would like to make your visit as pleasant as possible. If you have any concerns or ideas to improve our services, please talk to a member of the team or ask at Reception for a Patient Satisfaction Survey form.

Accessibility

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