

Nuclear Medicine **Lymphogram**

Patient Information Sheet

A lymphogram is a scan of your arms or legs, depending on which of your limbs are swollen. It checks the drainage of your lymph system in those limbs. It involves an injection of a small amount of radioactive liquid and imaging with a gamma camera.

Preparation for your appointment

There is no preparation for this scan. You may eat and take your medication as normal.

Wear or bring clothes that **do not contain metal clips or zips**. **ALL metal objects such as coins, keys, belts, jewellery and any clothing with zips or clips must be removed before the scan.**

If possible, please come to your appointment alone as we can only accommodate a small number of people in our waiting room.

Are there any risks from the radioactive tracer?

The radioactive tracer is used as sparingly as possible and the benefits of this scan far outweigh the small risk from radiation. The radiation dose you will receive is similar to the radiation received from natural sources in 2 weeks. Drinking plenty of fluids and emptying your bladder regularly will help to remove the radiation.

The radiation dose to people around you is low and is therefore not a cause for concern.

For 24 hours after your appointment all patients should sit on the toilet when passing urine. This is to make sure that all the urine gets properly flushed down the toilet as it will be slightly radioactive.

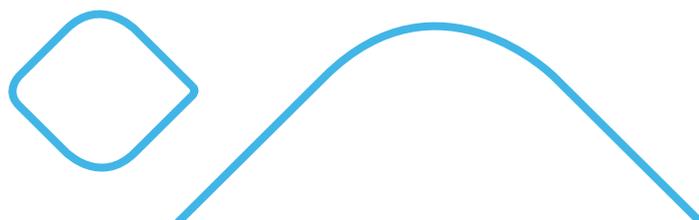
Pregnancy and Breastfeeding

Let us know in advance if you may be pregnant or breastfeeding. This is important because of the small risk of childhood cancer from the radiation that we use.

If you have male healthcare records and were registered female at birth, please talk to the technologist at your appointment so that they can rule out the possibility of pregnancy. This information will not be recorded or shared without your consent.

Leg injection

You will be asked to lie on a scanning bed where you will be given an injection of a radioactive tracer between the first and second toes of each foot.



Arm injection

You will be asked to lie on a scanning bed where you will be given an injection of a radioactive tracer between the first and second fingers on each hand.

How is the scan performed?

- The injection may sting momentarily, but it will not affect the way you feel.
- A gamma camera will then be placed over the injection site, and will move slowly up your body taking a continuous image. This takes about **30 minutes** during which time you will be asked to lie still.
- You will then be asked to go for a short walk and return to the department **30 minutes later** when the picture will be repeated. This will not require further injections.
- You will then be asked to go for another walk and return to the department **four hours after the injection**, when the pictures will be repeated again. Sometimes these later images are not necessary, but this cannot be decided until the morning pictures have been completed.

After your scan

Results

Results will be sent to the doctor or specialist who referred you for the scan in 2/3 weeks.

Travelling after your scan

Some major event/ transport venues have very sensitive radiation detectors. These detectors could be triggered by the small amount of radioactivity remaining in your body on the days following your scan. If you're planning to travel within **7 days** following your scan, we recommend that you carry your appointment letter with you.

Information for other hospitals or care homes

Within the 4 days following your scan:

If you are admitted to a care home or hospital (other than the RUH), or if you are cared for by a healthcare worker in your home, please ask them to contact the RUH Clinical Imaging and Measurement Department. Their employer might need to register with the Health and Safety Executive to show that their staff are aware of the small amount of radioactivity that is present for a few days after your scan.

If you have any concerns or questions about your scan, or you need this information in another format such as larger print, please telephone: **01225 82 6630**.

Clinical Imaging and Measurement Department
Zone B, Department B58
Royal United Hospitals Bath NHS Foundation Trust
Combe Park, Bath, BA1 3NG
01225 82 6630 | www.ruh.nhs.uk

Please contact the Patient Support and Complaints Team (PSCT/ known previously as PALS) if you would like to feedback your experience of the hospital. Email: ruh-tr.psct@nhs.net or telephone: **01225 82 5656**.