

Lymphoscintigraphy



Allina Health

Your Appointment(s)

Hospital/Clinic: _____

Date(s): _____

Time(s): _____ a.m. / p.m. _____ a.m. / p.m.

Phone number: _____

If you need to cancel or reschedule, please call at least 24 hours before your scheduled appointment.

Your Follow-up Appointment

Hospital/Clinic: _____

Date: _____ Time: _____ a.m. / p.m.

Phone number: _____

Whom to Call With Questions

Health care provider: _____

Phone number: _____

Lymphoscintigraphy

Your health care provider wants you to have a lymphoscintigraphy. This procedure uses a small amount of radiation to take images of your lymphatic system. It can be done to view your hands, feet or both.

The technologist will use a special camera to take pictures of the radiation waves to get a detailed look at your lymphatic system. The radiologist will use these images to find any problems in your lymphatic system or see how well your treatment is working.

A lymphoscintigraphy has two parts. This includes:

- **injections.** The radiologist will inject a numbing solution and a small amount of radioactive tracer into your hands or feet.
- **imaging.** The technologist will take two sets of images from your feet to your pelvis, or from your hands to your shoulders.

The procedure takes about 2 hours. If you are having the procedure done on both your hands and feet, you will need two appointments on different days. This will be scheduled for you.

There is only a minimal risk for side effects from a lymphoscintigraphy. Your health care provider will talk with you about any of these risks.

What to Tell Your Health Care Provider

Tell your health care provider if you:

- are pregnant, breastfeeding or may be pregnant
- have any allergies
- are taking any medicines, including all prescription, over-the-counter, vitamins and natural or herbal supplements.

Before the Procedure

- You may eat, drink and take your medicines as usual the day of the procedure.
- Wear comfortable clothing. You will not need to wear a hospital gown.
- Do not wear compression wraps or garments.
 - If you have a late morning or an afternoon appointment and need to wear compression wraps or garments before the procedure, please arrive early to take them off.
 - You will be responsible for putting your compression wraps or garments back on after the procedure. If you are not able to put them on by yourself, make sure you have a family member or caregiver with you who can help.
- Bring your insurance card and a photo identification card (such as a driver's license) with you.
- Please arrive 15 minutes early to fill out any paperwork.

□ During the Procedure: On Your Hands

If you are having the procedure done to view your hands:

- You will sit on a chair with your palms facing down.
- The radiologist will inject a numbing solution and a small amount of radioactive tracer into your hands.
- When the needle is inserted, you may feel mild pain (similar to a slight pinch or insect bite).
- The radiologist or technologist will help you lie on the exam table. You will need to lie still with your arms at your sides, palms facing down.

- The technologist will take images from your hands to your shoulders.
- The technologist will help you get up from the exam table.
- You will be asked to walk around for 10 to 15 minutes (if you are able).
- The technologist will help you lie down again so he or she can take one more set of images.
- The technologist will help you get up from the exam table.

□ During the Procedure: On Your Feet

If you are having the procedure done to view your feet:

- You will take off your shoes and socks.
- The technologist will help you lie on the exam table. You will need to lie still with your arms at your sides.
- The radiologist will inject a numbing solution and a small amount of radioactive tracer into your feet.
- When the needle is inserted, you may feel mild pain (similar to a slight pinch or insect bite).
- The technologist will take images from your feet to your pelvis.
- The technologist will help you get up from the exam table.
- You will put your shoes and socks back on.
- You will be asked to walk around for 10 to 15 minutes (if you are able).
- You will take off your shoes and socks.
- The technologist will help you lie down again so he or she can take images of your entire body.
- The technologist will help you get up from the exam table.
- You will put your shoes and socks back on.

After the Procedure

- Follow any instructions you receive from the technologist or your health care provider.
- You may have a follow-up appointment with the health care provider who ordered the procedure. This would be scheduled by him or her before you have the procedure.

Results

- A radiologist will look at and interpret the results.
- Your results will be discussed with you over the phone or at your follow-up appointment.

When to Call Your Health Care Provider

Call your health care provider if you have:

- itching
- a temperature of 101 F or higher
- redness or heat at the injection site
- any questions or concerns.



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