

Lymphoscintigraphy Exam Patient FAQ

What is a lymphoscintigraphy exam?

A lymphoscintigraphy is a special scan that helps your doctor see how your lymph system is working. For this test, we use a tiny amount of a safe tracer substance that makes it possible to follow how lymph fluid moves through your body. This helps your doctor check for any blockages or other concerns.

This test is most used to:

- Detect and evaluate lymphedema (swelling caused by lymphatic system problems).
- Identify areas where lymph flow may be blocked.
- Guide treatment planning for conditions affecting the lymphatic system.

What does the exam do?

The exam creates images that show how lymph fluid travels from the injection site through your lymphatic vessels. This helps your care team see if lymph is flowing properly or if there are areas where it is slowed or stopped.

How are the injections performed?

- A radiologist will give you four small injections in the webbing of your hand or foot.
- The injections use very tiny needles, like those for insulin.
- To make sure you're comfortable, a technologist will first apply a numbing cream to the area.
- Before each shot, they'll also use a special "Ease-pain" spray to help numb your skin even more.
- You'll only get one set of these injections before the imaging begins.

Are there any side effects or safety concerns?

- The medicine we use for this test is very safe and does not have any side effects.
- The amount of tracer substance is so small that it is safe for you to be around other people right after the exam.
- Your body will get rid of the tracer substance naturally within 24 hours.

Do I need to prepare for the exam?

- You can return to normal activities immediately after. No restrictions are required following the test.

How long does the procedure take?

The exam takes about 2 hours in total. During this time, you will have 5 images taken. Each whole-body image lasts about 15 minutes under the camera. You may spend additional time waiting between scans.

What happens during the imaging process?

- You will lie under the imaging camera while the pictures are taken.
- Between scans, the technologist may ask you to move your injected arm or leg if there is no movement seen on the images.
- Drinking warm liquids may also help improve lymphatic flow and image quality.

What should I expect after the exam?

- You can return to normal activities immediately after.
- The tracer leaves your body naturally in about 24 hours.
- No restrictions are required following the test.

If you have any questions about your lymphoscintigraphy exam or what to expect, our nurse navigator, **Kristine Morales**, is here to support you.

You can reach her at **305-243-2630**.

