

## Lymphangiogram of the Lower Extremities

### *How to prepare*

*This handout explains how to prepare for a lymphangiogram of the lower extremities, a scan to diagnose problems in the lymph system. It tells how the scan is done, what you may feel during the scan, and how to get your results.*

### **What is a lymphangiogram?**

A *lymphangiogram* is a nuclear medicine scan that is done to diagnose problems in the lymph system. It is usually done to detect problems with the flow or drainage of lymph fluids in your body.

### **How do I prepare?**

- You will receive a prescription for Emla cream from your doctor. Apply a thick layer of the cream 2 hours before your appointment. Put the cream on the skin (*web*) between the first and second toes on each foot. This cream will numb your skin.
- When you come to the hospital for your scan:
  - Wear comfortable clothes and shoes.
  - Bring the results of other imaging scans that were done to diagnose problems in your lymph system.



*Apply Emla cream between the first and second toes on each foot 2 hours before your appointment.*

### **How is the scan done?**

A nuclear medicine technologist will help you to get ready for the scan. You will need to remove your shoes and socks.

A nuclear medicine doctor will give you 2 sets of injections into the skin between your toes. Both sets of injections will contain a small amount of *radioactive tracer* (also called a *radiotracer*) that will allow us to see how well your lymph fluids are draining.

Images will be taken right after the injections. Each set of images will take about 30 minutes. You may be asked to massage your legs, walk around, or both.

More images may be taken 2, 4, 6, and sometimes 24 hours after the injections. Depending on your lymphatic flow or drainage, the doctor may also need to take more images later.

You may leave the hospital between injections. We encourage you to walk around during this time to stimulate your lymph flow.

### **What will I feel before and during the scan?**

- You may feel a slight discomfort from the injections between your toes before the scan.
- You will also need to lie on your back for the images. This may be uncomfortable for some patients.

### **What happens after the scan?**

There are no special instructions to follow after the scan. You may return to your usual activities.

### **Who interprets the results and how do I get them?**

After the test, a nuclear medicine doctor will review your images, write a report, and share the results with your provider who referred you for the test. Your own provider will talk with you about the results of your scan.

You may also read your results on your eCare Results page. If you need copies of your images on disc, call 206.598.6206.

You and your provider will decide the next step, such as treatment for a problem, as needed.

#### **Questions?**

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Imaging Services:  
206.598.6200

Harborview Imaging  
Services: 206.744.3015