

## **NM Sentinel Lymph Node study**

### **Patient information**

This leaflet will provide you with the necessary information about your Sentinel Lymph Node study.

### **What is a Sentinel Lymph Node study?**

Sentinel Lymph Node study is an accurate method of staging axillary lymph node involvement in breast cancer.

### **Preparation for the Sentinel Lymph Node study**

Please inform us before you attend:

- If you are or think you may be pregnant
- If you are breastfeeding
- If you have problems weight bearing and need a hoist to be transferred
- If you are unable to lie still and flat on your back for 30 minutes.

There is no special preparation for the procedure, other than preoperative restrictions if sentinel node imaging is being performed on the same day as surgery.

### **Pregnancy and breastfeeding**

If you think that you are pregnant or think you may possibly be pregnant you must inform the department. This is because the foetus may receive some of the radioactivity.

If you are breastfeeding, your doctor may delay the study or ask you to stop breastfeeding.

### **The Sentinel Lymph Node study**

The study involves administration of a small injection of radioactive tracer outside the nipple area of the breast and just under the skin in the area that is affected. You may or may not be required to have scans of the breast 30 minutes to 1 hour after the injection. This is pre-decided by your referring consultant.

If scans are required they will involve the use of gamma cameras which will be positioned very close to you. You will not be enclosed in a tunnel or be left alone at any time. The total scanning time can be up to 30 minutes and you will be requested to remain perfectly still on your back during this time. We will make every effort to make you comfortable.

Before your scan you will be asked to get undressed from the waist upwards, remove any jewellery and wear a front-opening patient gown.

Due to the nature of the test it is advisable not to bring children to the department.

### **After effects of a Sentinel Lymph Node study**

There are no known after effects from the Sentinel Lymph Node study. You will be able to drive, travel by public transport and return to work if necessary. You will be advised to drink plenty of fluids and empty your bladder often. This assists the tracer to discard from your body quickly.

You will not need to take any precautions.

## What are the risks of a Sentinel Lymph Node study?

The amount of radiation that you will receive from this investigation is very low and similar to the natural background radiation we all receive from the environment over a period of 0.5 months.

## Where is a Sentinel Lymph Node Study performed?

The Sentinel Lymph Node study is only performed in the Nuclear Medicine SPECT CT Department which is situated in the X-Ray Department. On arrival, please book in at **X-Ray Reception** on the **Ground Floor**, close to the **Outpatient Entrance**.

As there is limited parking at the hospital, please allow extra time when planning your journey. If possible, please use public transport.

## Who can accompany me for the study?

We would prefer that you do not bring more than one person with you.

Please note there are no childcare facilities available and children regrettably are not permitted to enter the examination rooms, unless they are having a scan.

## Results of the Sentinel Lymph Node study

The Sentinel Lymph Node images will be reported by a Nuclear Medicine Radiologist and the report will be forwarded to the doctor who requested the scan.

## Travel Abroad

If you intend to travel abroad within 5 days of your study please keep your appointment letter to take with you when you travel.

## Diabetic Patients

Please phone 01895 279368 for further instructions.

## Diagnostic Imaging Dataset (DID)

Information from your diagnostic test will contribute to the Diagnostic Imaging Dataset (DID). This is a secure database that holds information on the imaging tests and scans carried out on NHS patients. This will allow the Health and Social Care Information Centre to see how different tests are used across the country. Anonymised images may also be used for educational and academic purposes, both nationally and internationally.

Nothing will be reported that identifies you. It is only made available to appropriate staff and is kept strictly confidential. However, if you do not want your information to be stored in the DID, please let us know on the day of your scan and we will make sure your information is not copied into the DID.

## Who should I contact if I have a problem or question?

Monday to Friday, 8am to 4.30pm – please contact Nuclear Medicine SPECT CT Department on 01895 279368. Out of hours you should contact your GP.

## Languages/Alternative Formats

Please ask if you require this information in other languages, large print or audio format. Please contact: 01895 279973.

Fadlan waydii haddii aad warbixintan ku rabto luqad ama hab kale. Fadlan la xidhiidh 01895 279 973

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਜਾਂ ਰੂਪ ਵਿੱਚ ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕ੍ਰਿਪਾ

ਕਰਕੇ ਪਤਾ ਕਰਨ ਲਈ 01895 279973 ਤੇ ਸੰਪਰਕ ਕਰੋ

برائے مہربانی جے تہانوں اے اطلاع کے اور زبان یا انداز میں چاہی دی اے تے پتہ کرن لئی 01895 279 973

رابطہ کرو

தயவுசெய்து, வேற்று மொழிகளில் இத் தகவல்கள், கட்டுமானம்  
தேவையெனில், கேளுங்கள்.! தயவுசெய்து 01895 279973

இலக்கத்துடன் தொடர்பு கொள்ளுங்கள்.!

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem informacji pacjenta (patient information) pod numerem telefonu: 01895 279973.

如果你需要這些資料的其他語言版本、大字体、或音頻格式，請致電01895 279 973 查詢。

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يرجى الاتصال  
بالرقم التالي 01895279973 .