

# Indocyanine Green (ICG) Lymphogram to Detect Lymphedema

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A lymphogram is a test used to detect lymphedema and show how well your lymphatic system works. Like an x-ray, a lymphogram takes a picture of your lymphatic system. Indocyanine Green (ICG) dye binds to certain proteins in the fluid of your lymphatic system. The lymphogram can show how well the dye moves through your lymphatic system. This helps your doctor know the stage of your lymphedema to decide if surgery is the best option for you.

## How will my ICG Lymphogram be done?

The ICG lymphogram will take 20 to 45 minutes to complete. The dye will be injected under your skin in 4 to 5 different areas on your affected limb (arm or leg). After the dye is injected, the lights in the room will be turned off. It is easier to see the results of the test in the dark. A special camera will be held over the injection areas and the dye will seem to glow on the screen.

## What do I need to know about my ICG Lymphogram?

- You do not need to do anything to prepare for the test. You do not need to fast. You can eat a normal diet before and after your test.
- If you wear a compression garment, it is important to wear it to your appointment. You need to keep the compression garment on until you are told to remove it for your test.
- You will be able to drive yourself home after the test.
- **It is important to tell your health care team if you have had a reaction to contrast dye before, or if you have an allergy to iodine.** You may need to take medicine before your test to prevent an allergic reaction.

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**This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.**