

HysterosalpingoContrast Sonography (HyCoSy)

Aftercare.

Radiology, Ultrasound
Lincoln County Hospital,
01522
www.ulh.nhs.uk

Introduction:

This leaflet has been produced to give you general information about your procedure. Most of your questions should have been answered by this leaflet. It is not intended to replace the discussion between you and your Sonographer or doctor. If after reading it you have any concerns or require further explanation, please discuss this with a member of your healthcare team who has been looking after you.

Now you have had your HyCoSy Procedure:

Here is some information you may require over the next few days.

There are some side effects which are normal following the procedure such as:

- **Sticky odourless vaginal discharge.** This is the contrast agent which is leaking out.
- **Bleeding.** This is from the cervix due to the insertion of the catheter and should stop within 24 hours.
- **Abdominal cramping similar to period pains.** This can be controlled with anti-inflammatory drugs such as Ibuprofen and Nurofen. If you are unable to take anti-inflammatory then Paracetamol may be taken. Pain should not last more than 48 hours following the procedure.

What to do if.....

There is a small chance that you may acquire a uterine infection after this procedure—the infection risk due to the procedure is very small. Nationally it is approximately 1 in 100 cases.

If, in the week following your HyCoSy procedure you experience:

- A high temperature
- Aching limbs
- Or an offensive smelling vaginal discharge,

You must inform your GP as soon as possible

Tell the GP the examination you have had and your GP will prescribe appropriate antibiotic treatment. Vaginal swabs do not need to be taken. It is important that antibiotic treatment should begin as soon as possible as uterine infections have the potential to block the fallopian tubes.

In order to maintain our records please inform us if you do acquire a uterine infection on 01522

Frequently asked Questions:

Q1. Can I use a tampon after the HyCosy?

A1. We suggest using a sanitary towel or panty liner. However, tampons can be used if you prefer.

Q2. When can I return to work?

A1. As soon as you feel able. Some people find the examination easier than others. There is no single answer, but in most cases the day following the procedure is fine.

Q3. Do I need to take contraceptive precautions during this cycle due to the “dye”?

A1. No. The “dye” or contrast agent we use will not cause any detrimental affects to a pregnancy conceived **after** the procedure.

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Q4. When will I get a follow up appointment with my Consultant?

A4. A report will be sent to your consultant immediately following your examination. You may already have a follow up appointment, however if not, phone your consultant's secretary to inform them that the HyCoSy has been performed. A follow up appointment will then be arranged.

General Information:

Please read the information leaflet. Share the information it contains with your partner and family (if you wish) so that they can be of help and support. There may be information they need to know, especially if they are taking care of you following this information.

Should you require any further advice on the
issues contained in this leaflet, please
contact the Ultrasound
Department on:
01522

The Trust endeavours to ensure that the information given here is accurate and impartial.

If you require this information in another language, large print, audio (CD or tape) or braille, please e-mail the Patient Information team at patient.information@ulh.nhs.uk