

Hysterosalpingo Contrast Sonography (HyCoSy) Pre-test Information

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.

What is a HyCoSy:

It is an investigation of the fallopian tubes. It is not possible to see these tubes with normal x-rays or ultrasound. You have been referred for this specialist ultrasound examination which can help better visualise the tubes. This test involves the use of a dye designed especially for use with this type of test. The dye is safe and does not affect future fertility or have any affect on the tubes. It is used so that we can see the tubes much better on the ultrasound scan.

The HyCoSy test is performed by a Sonographer with specialist skills in performing this type of procedure. A Sonographer is a registered Radiographer who has undertaken additional training and qualifications in performing and making diagnoses from ultrasound examinations.

Why do I need a HyCoSy?

The fallopian tubes carry the egg from the ovaries to the uterus. If the tubes are damaged or blocked it may become difficult to become pregnant. You will have been sent for this test if you are having difficulty getting pregnant. Your doctor will want information about your fallopian tubes and whether they may be blocked or damaged. This tests can help give the doctor this information and help to plan any future care you need.

Can there be any complications or risks?

There is 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 any of the following:

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

You Must inform your GP as soon as possible.

Tell your GP the examination that you have had and your GP will prescribe the appropriate antibiotic treatment. Vaginal swabs do not need to be take. It is important that antibiotic 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

If you have any concerns regarding pain or bleeding which is not settling phone your Consultant's secretary for advice.

How do I prepare for a HyCoSy?

This scan is performed transvaginally. No special preparation is required. You will be asked to

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empty your bladder prior to the examination. There is no need to attend with a full bladder.

Whilst this test is unlikely to be painful some ladies experience “period type” pains during and shortly after the test. You are therefore advised to take an anti-inflammatory type pain relief such as Ibuprofen an hour before the examination. If you are unable to take an anti-inflammatory then Paracetamol may be taken instead.

Pain relief tablets are not provided by the Ultrasound department.

You should ideally be accompanied home (but not on public transport) in case you have any pain or discomfort after the test. Therefore you are advised that you may bring a friend or relative with you to your appointment if you wish.

Booking your appointment:

You will be asked to contact the ultrasound department on the **first day of your menstrual cycle**. We will then make a note of this date on your scan request card and if possible, will make you an appointment for you to have the scan around 7-14 days from the start of your period.

The appointment is made at a time when you have finished menstruating, but before the 14th day of your cycle, which is the average time in a woman's cycle that ovulation occurs.

It is important to do the test before the 14th day. If the HyCoSy scan is carried out after 14 days into your cycle and you have conceived that month, the scan procedure would “flush” the embryo out of the uterus.

If it is not possible to book you a scan that month, due to lack of available appointment times, then we will try to offer you a scan date during your next monthly cycle.

Please inform the Ultrasound department if you have had an allergic reaction in the past to dye used (ExEm foam) or any other ultrasound contrast agents.

What will happen?

The test is performed in the Ultrasound department of Lincoln County Hospital. You will need to make your way to Radiology Reception where a receptionist will greet you and book you into the department.

The examination will take approximately half an hour. This does not include waiting time prior to your appointment.

A member of the ultrasound team will call you into the scan room. The Sonographer will discuss the procedure with you and gain your verbal consent to continue.

A transvaginal scan is carried out. This is a routine procedure and should not hurt. A speculum is then placed into the vagina and a catheter (a tube) is inserted into the uterus. Dye is then injected down the catheter and if the fallopian tubes are open, the dye will be seen on the ultrasound scan within the tubes. Not seeing the dye in the tubes does not always mean the tubes are blocked but this information is useful for the doctor to help in planning your care and future treatment.

What happens afterwards?

The Sonographer performing the examination will verbally give you the results immediately after the test. A written report will be sent to your specialist doctor who referred you for the test. You will be able to discuss the results at your next outpatient appointment.

Providing, you do not have any post test complications, which are extremely rare, you will be able to leave the department immediately following completion of the test.

General Information:

Please read the information leaflet. Most of your question should have been answered by this leaflet/booklet, but remember that this is only the starting point for discussion with your sonographer. Share the information it contains with your partner and family if you wish. There may be information that they need to know, especially if they are taking care of you.

Should you require any further advice on the issues contained in this leaflet, please

contact the Ultrasound

Department on:

01522

Consent to Treatment:

Before any doctor or sonographer examines you, they must seek your consent or permission. In order to make a decision, you need to have information from health professionals about the investigation being offered to you. **You should always ask them more questions if you don't understand or if you want more information.**

For the HyCoSy test you will be given both verbal and written information and after having time to ask questions, you will be asked to give verbal consent for the procedure and should be satisfied that you have received enough information before going ahead.

What is important that your consent is genuine or valid. That means:

- You must be able to give your consent
- You must be given enough information to enable your decision
- You must be acting under your own free will and not under the strong influence of another person.

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

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