

Hysterosalpingogram

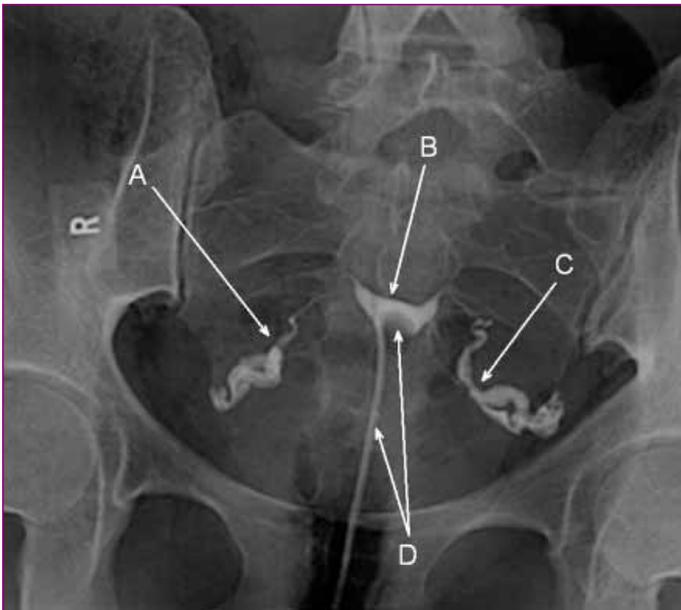


Radiology Department

What is a Hysterosalpingogram (HSG) examination?

You have been referred by your doctor for a HSG examination as you may have been experiencing some difficulties in conceiving. This quick out-patient examination enables us to see the uterus and fallopian tubes, by injecting an x-ray dye we can see if the tubes are open or blocked. The examination is done by a radiologist (a specialised x-ray doctor) and a radiographer who takes the pictures.

Fluoroscopy is a special x-ray technique that makes it possible to see internal organs in motion. During a Hysterosalpingogram, the uterus and fallopian tubes are filled with a water soluble contrast material and the radiologist is able to use fluoroscopy to view and assess their anatomy and function.



HSG – contrast (iodine) has been injected into the uterus through a catheter and the uterine cavity and fallopian tubes are filled.

- A- right fallopian tube
- B- Uterine cavity
- C- left fallopian tube
- D- Catheter with balloon tip.

How do I make an appointment?

After your clinic appointment you will have been given the yellow examination request form. This must have been delivered to the x-ray main reception. You will be asked to call us on the first day of your period to make the appointment between days 6 to day 10. Please note the appointments are offered on a first come, first served basis and, therefore, we cannot always guarantee an appointment within that cycle. Please inform the staff if you have very irregular or no periods as we can offer appointments based on abstinence of intercourse. Please note we cannot guarantee a female doctor to perform this examination.

What preparation is required?

Most of the preparation for this examination is based on the avoidance of an unexpected pregnancy.

- You must be within 6 to 10 days of your last period, and have stopped bleeding.
- The period must have been a normal one for you i.e. of normal duration and amount.
- You must have abstained from sexual intercourse since day 1.
- You must have started your course of antibiotics from the evening before the HSG. Please contact the gynaecology clinic if you did not receive a prescription for this examination.
- If you have an abnormal vaginal discharge, please delay this appointment and make an appointment with your G.P to have this investigated.

We must stress the importance of the above; if you cannot meet all of the above criteria the examination cannot be performed.

You are advised to bring a panty liner or sanitary towel with you to use following the examination. Do not worry if you forget, we can provide a towel but they are rather on the large size!

Can I bring a relative or a friend?

Yes, as there is a period of waiting for the examination it would be nice to have company, however, for reasons of safety; they will not be able to accompany you in the x-ray room, except in very exceptional circumstances.

Although the actual examination usually only takes 15 to 20 minutes, please allow up to an hour for this appointment.

When you arrive

Please register at the reception desk, where you will be directed to the waiting area. You will be asked to change from your clothes, a changing cubicle and gown is provided. You will be asked to place your clothes and personal items in a basket, which you will keep with you.

What does the equipment look like?

The equipment consists of a radiographic table, an x-ray tube and a television – like monitor that is located in the examining room. Fluoroscopy, which converts x-rays into digital images, is used to watch and guide progress of the procedure. The images are stored electronically.

What will happen during the examination?

Your verbal consent will be gained prior to commencing the examination. We will need you to inform us of any allergies you may have.

Please be aware, as a legal requirement any woman of child bearing age, prior to having x-rays to her abdomen is required to sign a disclaimer to say she is not pregnant, regardless of the reason for the examination.

The examination to begin with is very similar to a smear. Due to the dye entering the body it is a sterile procedure and surgical towels and iodine cleaning fluid will be used. A speculum is placed in your vagina in

order to visualise the cervix. A small tube is passed through the cervix to the uterus, the tube has a little balloon on the end to anchor it in the uterus and this may have a feeling of pressure. The x-ray dye is injected through this tube whilst we take x-ray pictures, this part generally only takes a minute or two, and then we remove the tube and speculum and the examination is finished.

Are there any risks or side effects to the examination?

There is a small risk of infection following this procedure, we minimise this with sterile technique and antibiotic cover, please do not use tampons for at least a week following this examination as they can also introduce infection. Following the HSG if you experience a temperature or prolonged bleeding, pelvic pain or vaginal discharge, please contact your G.P or the clinic for antibiotic review. There is also a small risk you may be allergic to the x-ray dye or cleaning fluid, however, we monitor you for signs of this during the examination.

As with all x-ray examinations, we endeavour to keep the exposure to radiation to the absolute minimum. A HSG examination usually equates to the similar amount of background radiation you naturally receive over a one to two week period. Your referring clinician has decided the information gained from this examination outweighs the risks from this small amount of radiation.

Will the examination be painful?

As with a smear test, the speculum maybe uncomfortable.

As the dye is injected through the tubes women feel varying degrees of pain from barely any to very painful, we cannot say where you will be on this scale but be assured it is usually only for between 10 to 30 seconds and we can stop at any time if you find it too uncomfortable.

Aftercare advice

It is very important to finish the course of antibiotics even though you do not feel ill.

You may experience some blood spotting for 2 to 3 days following the examination, this is normal. You may also experience some period type cramping following the examination, please take your normal painkiller to alleviate this.

You may resume sexual intercourse following the HSG.

When will I get the results?

The images will be reported after your visit and the results sent to your referring doctor, which is normally within 14 days. If you already have a clinic appointment you will receive the results then, otherwise you will receive a letter either with the results or with a follow up clinic appointment.

What are the benefits vs. risks?

Benefits:

- Hysterosalpingography is a minimally invasive procedure with rare complications.
- Hysterosalpingography is a relatively quick procedure that can provide information on a variety of conditions which cause infertility.
- X-rays usually have no side effects in the typical diagnostic range for this examination.

Risks:

- In the event of a chronic inflammatory condition, infection or untreated STD, notify your clinician before the procedure to avoid the possibility of worsening the condition.

What are the limitations of Hysterosalpingography?

Hysterosalpingography only visualises the inside of the uterus and fallopian tubes (if open). Other pelvic structures may need evaluation using ultrasound or MRI. Infertility problems may be due to reasons not evaluated in this test.

Is there an alternative examination?

We do not currently offer an alternative examination at this hospital.

Privacy and dignity

Sometimes tests, although necessary, can be embarrassing or undignified for patients but we promise to do everything we can to make you as comfortable as possible during your visit to the department. We hope that the information in this leaflet will answer any questions you may have but please feel free to contact us if you have any particular worries, questions or concerns.

Patient surveys

We value your opinion on our service and in order to deliver, maintain and improve this service we ask you to complete a short patient questionnaire survey found with your appointment letter.

Completion of these surveys is entirely voluntary.

Questions and contacts

Following the examination, if you experience any problems please contact the Radiology Department between 08:30 and 17:00. Outside these times please contact your GP.

If you have any questions or would like to know more about this procedure, please telephone the Radiology Department:

Telephone: 01483 571122 ext 4150

If you are unable to keep your appointment notify the Radiology Department as soon as possible.

For further information about Diagnostic Imaging Services at Royal Surrey County Hospital NHS Foundation Trust, please contact:

Royal Surrey County Hospital NHS Foundation Trust

Egerton Road

Guildford

Surrey

GU2 7XX

www.royalsurrey.nhs.uk

Key reference sources and other sources of information

Radiation Dose

<https://www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons>

Fertility information

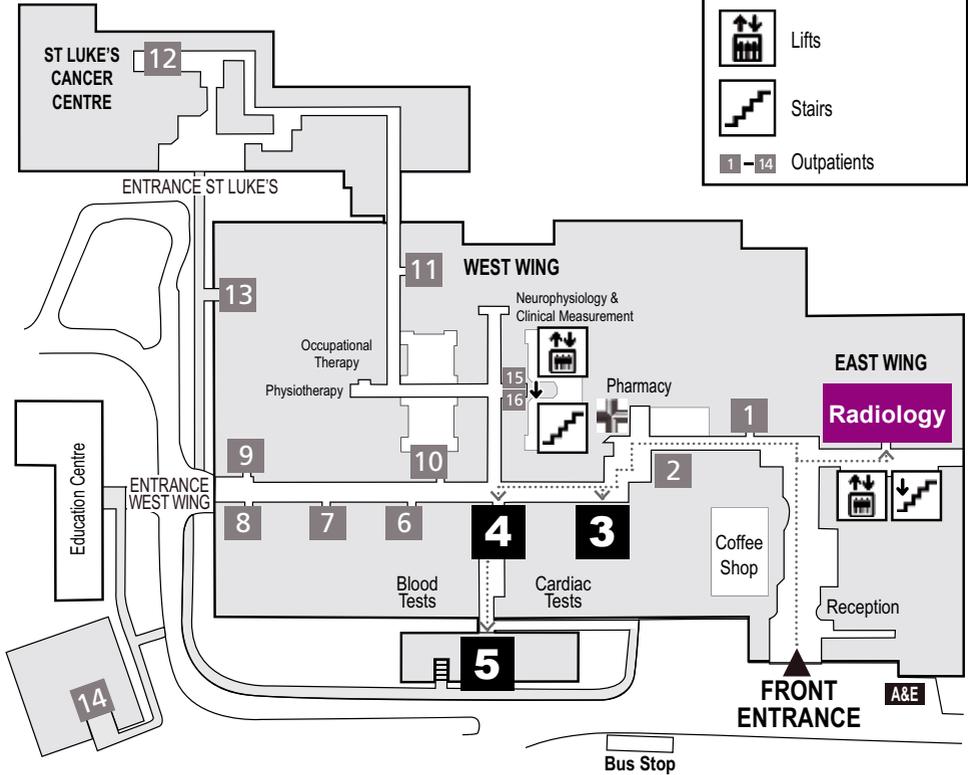
<http://www.nhs.uk/conditions/pregnancy-and-baby/pages/fertility-tests.aspx>

How to find the Radiology Department

Royal Surrey County Hospital map
Level B (Ground floor)

KEY

-  1 To clinics on next floor (above or below)
-  Lifts
-  Stairs
-  1-14 Outpatients



Contact details

If you have any questions or would like to know more about this procedure, please telephone the Radiology Department:

Telephone: 01483 464150

PALS and Advocacy contact details

Contact details of independent advocacy services can be provided by our Patient Advice and Liaison Service (PALS) who are located on the right hand side as you enter the main reception area. PALS are also your first point of contact for health related issues, questions or concerns surrounding RSCH patient services.

Telephone: 01483 402757

Email: rsc-tr.pals@nhs.net

Opening hours: 9.00am–3.00pm, Monday to Friday

If you would like information documents in large print, on tape or in another language or form please contact PALS.

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