

## The Herniogram



**Radiology Department**

This leaflet provides you with information about having a Herniogram. It explains what is involved and who you will meet.

Hernias do not show up on plain x-rays of the abdomen so x-ray dye is injected into the lower abdomen to demonstrate the hernia if one is present.

## What preparation is required?

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No preparation is required before a Herniogram; you can eat and drink as normal. Immediately prior to the examination we will ask you to empty your bladder.

## Women of childbearing age

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This examination is not advisable for pregnant women, unless there are exceptional circumstances. Please advise the x-ray department in advance if you think you are, or might be, pregnant.

**Please note** that our x-ray table has a patient weight limit of 23 stones or 146kg. If you know that you weigh more than this, it is important that you telephone the department on **01483 464150**.

## The Radiology Department

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Radiology is also known as the X-Ray or Imaging Department.

### Who will I meet?

- **Receptionist/Clerical Staff:** can help you make or change your imaging appointments and ensure your details are correct when you arrive for your appointment.
- **Radiographers:** a healthcare professional who will assist the radiologist.
- **Radiologist:** a specialist doctor trained to inject the x-ray dye and take images during the examination. They will also interpret the images and report them for your consultant.

## **What happens when I arrive?**

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Please register at the reception desk, where you will be directed to the waiting area. You will be shown to a private cubicle by a radiographer or other member of staff and asked to remove your outer clothes and change into the gown provided. There are baskets available for your belongings so that you can take them with you into the x-ray room.

## **What will happen during the examination?**

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Your verbal consent will be gained prior to commencing the examination.

You will need to lie on the x-ray table on your back. The radiologist will clean your central abdomen with antiseptic fluid. He/She will then inject some local anaesthetic just around the belly button area. There is a slight stinging as the small needle first goes in, but the whole area will become numb very quickly.

We then use a fine needle to enter your abdominal cavity and inject the x-ray dye, using x-rays to check it is in the correct position. When all the dye has been introduced we remove the needle and cover the site with a small plaster.

In order to get the dye to spread around the abdominal cavity we will ask you to walk around for a few of minutes. We will then take some pictures with you lying on your tummy and also standing up. The doctor will also ask you to perform a manoeuvre to raise pressure on the abdominal wall such as coughing. The whole examination usually takes approximately 30 minutes.

## **Will the examination be painful and are there risks and side effects?**

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The examination is accompanied by minimal discomfort including the initial sting of the local anaesthetic. Occasionally a patient may experience a sharp twinge as the needle passes through the abdominal wall, but this is momentary and in itself indicates the needle is in the correct place.

There is a very small risk of the needle puncturing the bladder or bowel.

This is very rare and the needle is so fine it is unlikely to cause any problems, but we may ask you to stay in the department for a little longer if the doctor has any concerns. This risk is minimised by the emptying of the bladder before the examination and the use of x-rays to guide the position of the needle.

There is a very small risk of introducing an infection but as we perform this test with sterile equipment, this is unlikely to occur.

An allergic reaction to the x-ray dye is extremely rare. As with all x-ray examinations, we endeavour to keep the exposure to radiation to the absolute minimum.

## **Is there an alternative examination?**

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Some hernias can be demonstrated using an ultrasound scan, however your referring doctor has requested this examination as the images are more detailed and can often detect very small hernias.

## **Aftercare advice**

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You may return to your normal routine following the examination. You may remove the small plaster after approximately half an hour; a little bruising around the area is not unusual.

## **When will I get the results?**

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The x-rays 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 clinic appointment. If you were referred by your G.P. please make an appointment after the two week period.

## **Privacy and dignity**

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We will try to make your visit to our department as comfortable as we can.

## Patient survey

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We value your opinion about the service we provide. Please help us to improve the service by answering the voluntary questionnaire at the end of your appointment letter.

## Reference source

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- Chapman and Nakielnys guide to radiological procedures

## Contact

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If you have any questions or would like to know more about this examination, please contact the Radiology Department on:

**01483 571122 ext: 2050 or 01483 464150**

**Mon–Fri 9am–5pm**

**If you are unable to keep your appointment, please contact us as soon as possible.**

## Useful websites

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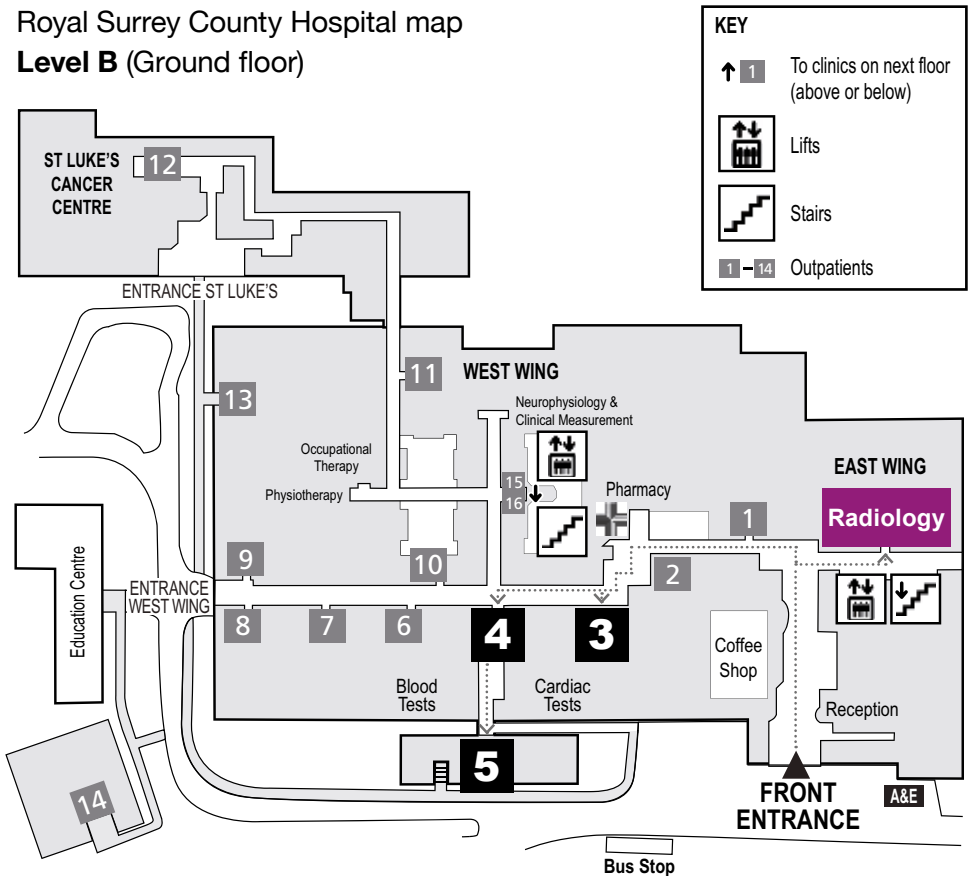
- **The Royal College of Radiologists**  
[www.rcr.ac.uk/](http://www.rcr.ac.uk/)
- **Nice Guidelines**  
[www.nice.org.uk](http://www.nice.org.uk)
- **Information on radiation**  
[www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons](http://www.gov.uk/government/publications/ionising-radiation-dose-comparisons/ionising-radiation-dose-comparisons)
- **NHS Choices**  
[www.nhs.uk/conditions/Hernia/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Hernia/Pages/Introduction.aspx)



# How to find the Radiology department

Royal Surrey County Hospital map

**Level B (Ground floor)**



Data sharing reference information is available on Royal Surrey County Hospital patient information leaflet entitled:

Your Healthcare records - your information **PIN120703-562**

**Royal Surrey County Hospital NHS Foundation Trust**

Egerton Road

Guildford

Surrey

GU2 7XX

[www.roysurrey.nhs.uk](http://www.roysurrey.nhs.uk)

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## **PALS and Advocacy contact details**

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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](mailto: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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Future review date: March 2020

Author: Libby Maine

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