



Your Hysterosalpingogram

Royal Sussex County Hospital
Princess Royal Hospital

What is a Hysterosalpingogram?

A Hysterosalpingogram (HSG) is a specialist x-ray examination looking at the anatomy of the uterus and fallopian tubes. An x-ray dye is used to visualise the area on x-rays.

The test needs to be performed between day 1 and day 14 of your menstrual cycle and will take approximately 30 minutes.

Preparing for your HSG

To make an appointment please telephone the department on the first day of your period. **01273 664575**

In order to perform this examination it is very important that you follow the following instructions.

- You must **refrain from sexual intercourse from the start of your period** (day 1) until after the procedure.
- On the day of the appointment you should collect a sample of the first urine of the morning and perform the pregnancy test we have provided.
If the test is negative, attend your appointment as planned.
If the test is positive, do not attend your appointment, telephone us to let us know and then make an appointment with your GP.

You may bring someone to the department on the day of the appointment but they will not be able to be in the room during the examination.

You will be asked to change into a gown and will then be taken through to the imaging room, you may bring a dressing gown too if you wish.

What will happen during the examination?

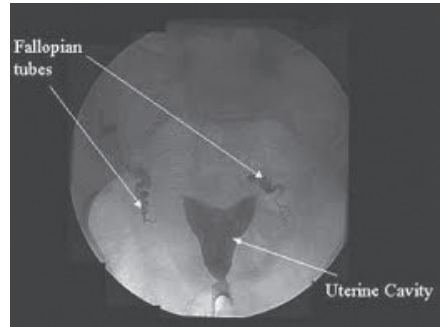
Once in the room the x-ray doctor (radiologist) will explain the procedure in full and answer any questions you or your partner may have. You will then lie on the x-ray table.

Initially the examination is like a smear test. A speculum will be placed into your vagina to enable the cervix to be visualised. Then a small plastic tube (catheter) will be positioned through your cervix, a small balloon is inflated to hold this tube in place. You may experience

cramping similar to period pain when this happens. (This usually passes as soon as the catheter is removed but if you wish, you may take a paracetamol before the examination or bring it for after the procedure).

X-ray dye (clear fluid that shows on images) will then be gently introduced into your uterus, and this will also highlight your fallopian tubes. Several X-ray images will be taken then the tube and speculum will be removed.

The examination will be carried out by a team of staff including a radiologist, a radiographer and a health care assistant.



What happens after the examination?

As soon as the procedure is finished you will be shown to a private toilet where you can wash and change and will be free to go. The x-ray dye (contrast) may leak after the procedure so we advise that you bring a sanitary towel with you.

You will be given the results on the day of the examination and they will also be sent to your referring doctor.

We will give you an information sheet explaining about the aftercare for the procedure.

- You may experience some bleeding after your HSG, this should not be heavy or last for more than a few days.
- You may resume sexual activities after your HSG.
- You may have some dull pain. This should be no worse than a normal period. Please take your normal pain relief medication such as paracetamol.
- If you develop an abnormal discharge, bad pain, fevers or chills contact the Claude Nicol Clinic **01273 664721**, GP or attend A&E after hours.
- If you have any queries after the examination, you may speak to an x-ray nurse on **01273 696955 Ext. 4240** and we will make every effort to answer your questions.

What are the risks and benefits?

As this procedure involves x-rays, there are the usual slight risks associated with ionising radiation. The amount of radiation we use is very small. However the benefits of having this procedure done outweigh the risk.

There is a less than 1 in 200 chance of developing a pelvic infection after the examination - this will be discussed in detail once you are in the x-ray room on the day of your appointment.

Are there any alternatives?

If you are unable to tolerate this procedure your referring doctor will be informed and he/she can decide if an alternative examination is appropriate for you.

Who do I contact for more information?

If you have any further queries regarding your procedure, please feel free to ask questions on the day of your examination, or speak to your referring clinician.

If you have vision, mobility or access issues, or have any questions, please contact the Imaging Department on **01273 664575**

Monday – Friday 9am – 4pm.

Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.