

Patient Information Leaflet

Your Guide To Hysterosalpingogram (HSG)

Produced By: Diagnostic Imaging

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What is a Hysterosalpingogram?

A Hysterosalpingogram (HSG) is an x-ray procedure used to examine the uterus and fallopian tubes. Contrast medium is used to highlight the organs so they are visible on the x-ray.

When is it used?

This procedure is usually done to investigate **infertility**.

The test is **performed within the first 14 days** of your menstrual cycle, day 1 being the first day of your period. It is best to do this examination between day 7 and day 14.

You **must refrain from intercourse** from the day your period starts until after your HSG test to ensure there is absolutely **no possibility of an unknown pregnancy** being aborted by the procedure.

To make an appointment

Please telephone (01983) 534671 on the day your period starts. We will then arrange an appointment with you.

If for any reason you do not have periods, or have a long cycle with infrequent periods, you may need to speak to your gynaecologist about creating a simulated period with the aid of a prescribed tablet; we can then perform this examination as soon as possible.

Can I bring a relative or friend with me?

Yes, you are recommended to bring your partner, a relative or friend, as you are advised not to drive or travel unaccompanied after the procedure. Partners are encouraged to accompany you during the procedure.

What happens before the procedure?

Please report to the Diagnostic Imaging Reception Desk. A member of staff will greet you and ask you to wait in the waiting room. If you would like to bring your own dressing gown and slippers please do so.

What happens during the procedure?

You should let the radiographer know if you have any allergies, or have had a reaction to any contrast medium injections before. Once taken into the screening room you will be given the opportunity to ask any questions, and discuss any aspects of the procedure. Do not be afraid to ask questions, as the staff would like you to be as relaxed as possible throughout the procedure.

You will be asked to lie on the table and will be covered with a modesty sheet. The radiographer will then insert a speculum into your vagina so that the opening to the uterus (the cervix) can be seen easily. The radiographer will clean the cervix with a saline swab. Once the cervix is cleaned, the radiographer will insert a long, narrow, flexible tube through the opening of the cervix until the tip is inside the uterine cavity.

A small balloon on the end of the tube is inflated to hold the tube in place. Then, the contrast (a colourless liquid that shows up black on X-rays) will be injected into the tube to highlight the uterus and fallopian tubes. A couple of X-rays will be taken.

Will it hurt?

The procedure although simple, may cause some discomfort, and you may experience some cramping pains when the contrast is injected.

Following the procedure you may also suffer mild cramping abdominal pains, this occurs as the body absorbs the contrast that was introduced via the womb. Paracetamol or the pain killers you would usually use for period pains should be sufficient to relieve the discomfort.

Please bring a sanitary towel with you.

You will notice a little spotting of blood and/or some sticky clear fluid. This is normal and you should not be alarmed.

What happens after the procedure?

You may feel nauseous or dizzy and have some stomach cramps. This should not last long and we will encourage you to rest in the department until you feel well enough to return home.

What are the risks associated with this procedure?

Your abdominal cavity may be irritated, causing cramps or fever. In rare cases you may have an allergic reaction to the contrast, this may include swelling of the skin, hives, nausea, fainting or shortness of breath.

If however, you develop a discharge, you become unwell with a temperature or the pain persists after 4 to 6 hours, please see your GP and say that you have recently had this investigation.

When will I get my results?

A preliminary verbal result will be given to you at the end of the examination, then the Advanced Practitioner Radiographer will examine the images further and write a report on the findings. These results will then be available from your gynaecological consultant at your next appointment.

Finally

If you have any questions or concerns that you would like answered, please contact;

(01983) 534666 Monday to Friday
09:00-12:30 and 13:30-16:30

Ask to speak to a Senior Radiographer in Diagnostic Imaging

Access to Health Records by Diagnostic Staff

As a patient undergoing tests as part of a diagnostic procedure information about you may be accessed by other healthcare professionals. It is normal practice in these circumstances for your consent to be implied as part of your agreement to have the test or tests performed.

Accidental over exposure of radiation

Despite all safeguards, medical exposures can occur where the actual dose is greater than was intended. The regulations governing these exposures are either IR(ME)R 2000 or IRR 99. In the event of an over exposure the incident will be reported to the Radiation Protection Advisor. It will be down to the discretion of the RPA as to whether there is a clinical requirement to inform any patient of an overexposure.

If you require this leaflet in another language, large print or another format, please contact the Quality Team, telephone 01983 534850, who will advise you.

Valuables should not be brought into the hospital. If patients have to bring in valuable items they should ask a nurse to store them safely and request a receipt for the items. You may not be able to have the valuable items returned if the time of discharge from hospital is out of hours.

We are sorry but the Trust cannot accept responsibility for loss or damage to items not given for safe keeping.

You can get further information on all sorts of health issues through NHS interactive available through Sky TV or online at: <http://www.nhsdirect.nhs.uk/>

For Health advice and out of hours GP service please call the NHS 111 service on: 111

We Value Your Views On Our Service

If you wish to comment on the care which you, your relative or friend has received, we will be pleased to hear from you. Please speak to the person in charge of the ward, clinic or service in the first instance or ask them to contact the Quality Team. If you wish to contact them directly, telephone on 534850.

Alternatively you may prefer to write to:

Chief Executive
Isle Of Wight NHS Trust
St Mary's Hospital
Newport
Isle of Wight
PO30 5TG

You can also share any concerns you have about our services with the Care Quality Commission (CQC) on 03000 61 61 61 or at enquires@cqc.org.uk

All NHS sites are no smoking areas.

If you would like help and advice to stop smoking please call: Freephone 0800 169 0 169 to talk to the NHS Smoking Helpline.

Ref: **DI/HSG/7**