



Patient Information Leaflet

Your guide to Hysterosalpingogram (HSG)

Produced by:
Department of Obstetrics & Gynaecology

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If you are unable to read this leaflet because English is not your first language, please ask someone who speaks English to telephone PALS on 01983 534850 for further information and help.

Polish:

Jeśli nie jesteś w stanie przeczytać tej ulotki bo angielski nie jest pierwszym językiem, poproś kogoś, kto mówi po angielsku, o kontakt telefoniczny z (PALS 01983 534850) aby uzyskać więcej informacji i pomoc

Russian:

Если вы не можете прочитать этот буклет на английском языке потому что не является первым языке, пожалуйста, попросите кого-нибудь, кто говорит на английском языке для телефонного (PALS 01983 534850) для получения дополнительной информации и помощи

Turkish:

Eğer İngilizce ana diliniz değilse, çünkü bu broşürü okumak için yapamıyorsanız, daha fazla bilgi için 01983 534850 üzerinde PALS telefon İngilizce bilen birine sormak ve yardım lütfen

Bulgarian:

Ако не сте в състояние да прочетете тази листовка, тъй като английският не е първи език, попитайте някой, който говори английски, за да телефонирам (PALS на 01983 534850) за повече информация и помощ

Czech:

Pokud nejste schopni přečíst tuto příbalovou informaci, protože angličtina není vaším rodným jazykem, zeptejte se někoho, kdo mluví anglicky na telefonní PALS na 01983 534850 pro další informace a pomoc

Bengali:

আপনি ইংরেজি আপনার প্রথম ভাষা না থাকার কারণে এই লফিলটে পড়তে অক্ষম হন, তাহলে আরও তথ্যের জন্য 01983 534850 নভেগিশেন PALS টেলিফোনে ইংরেজি কথা কতে জিজ্ঞাসা করুন এবং সাহায্য করুন

What is a Hysterosalpingogram?

A Hysterosalpingogram (HSG) is an x-ray procedure used to examine the uterus (womb) and Fallopian tubes. Contrast medium is used to highlight the organs so they are visible on the x-ray. This procedure is usually done to investigate infertility.

When can it be done?

The test is advised not to be performed if you are bleeding heavily. After the end of your period it can be **performed at any time in your cycle as long as it is certain that you are not pregnant**. You must refrain from intercourse from the day your period starts until after your HSG test to ensure there is **no possibility of an unknown pregnancy** being aborted by the procedure. The procedure cannot be done if you have an ongoing pelvic infection.

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. Once you have had a period then ring to make an appointment and meanwhile refrain from intercourse till you have had your test.

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. Please note in view of risk of radiation it may not be suitable for your partners to accompany you in the procedure room.

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 Doctor/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 doctor will then insert a speculum into your vagina so that the opening to the uterus, the cervix (neck of the womb) can be seen easily. The doctor will clean the cervix. Once the cervix is cleaned, a long, narrow, flexible tube will be inserted 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?

Cavity of the womb may be irritated, causing cramps. 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.

There is small risk of infection and if you develop a discharge, become unwell with temperature or the pain persists after 4 to 6 hours, please contact the gynaecology on call team (bleep 555) through hospital switch board.

When will I get my results?

A preliminary verbal result will be given to you at the end of the examination. The images may be examined further and a letter will follow. 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, and images may need to be interpreted by a tele radiology service. 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 have any queries or concerns about the content of this leaflet please call (01983) 524081 and ask to speak to the relevant department.

If you require this leaflet in another language, large print or another format, please contact the PALS 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 online at: **www.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 PALS Team. If you wish to contact them directly, telephone on **01983 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 **enquiries@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.