

HyCoSy: ultrasound test of tubal patency

What is a Hystero Contrast Salpingogram (HyCoSy), and why do I need one?

A HyCoSy is a special ultrasound test to show whether your fallopian tubes are open (not blocked). This may help us to establish the reason you are not getting pregnant and decide appropriate treatment for you.

What does the Ultrasound not tell us?

The HyCoSy is unable to tell us whether you have adhesions (scar tissue) around your fallopian tubes or endometriosis. This can only be diagnosed by laparoscopy. If the contrast medium is not seen to pass through one or both of your tubes, this may indicate a blockage. If a blockage is suspected you will need to have this confirmed by a second test preferably using a different technique either an X-ray method called HSG or laparoscopy.

How do I make the appointment for a HyCoSy?

You should ring the clinic Sarah Gamlin on 01179146501 on the 1st or 2nd day of your period and we will aim to give you an appointment within the next few days. The best time to perform the test is as soon as possible after your period has finished. This is usually between days 6-10 of your cycle.

It is very important that we do not do the test you if there is the slightest chance that you may be pregnant. HyCoSy puts any pregnancy at risk of complications. We therefore recommend and request that you do a home pregnancy test prior to having the procedure. We also advise not to have sexual intercourse from the start of the period until after the HyCoSy.

How is it done?

It will involve you lying on an examination table in a position similar to when you have a smear. A speculum will be placed into your vagina. A small tube attached to a syringe will then be used to inject the special contrast medium "dye" into the uterus and tubes. A transvaginal ultrasound examination will be performed as the "dye" is injected. The examination will take approximately 20 minutes. You are advised to bring some sanitary protection to use following the procedure, as you may experience some vaginal bleeding for a few hours.

Will it hurt?

When the tube is inserted into your cervix you may feel some discomfort but this often wears off quite quickly. Not all patients feel this. When the "dye" is injected you may feel a "period type" pain but this usually fades as soon as the examination is finished. Some patients can sometimes feel faint after the procedure. As you may experience some discomfort during the test we very much suggest that you take a couple of painkillers, eg: Paracetamol or Nurofen (or both) about one hour before your appointment. It is advisable to bring someone with you to accompany you home.

You may want to take the morning or afternoon of work, but there should be no problem driving or returning to work immediately after the procedure.

What will I be told on the day?

Mr Akande will be able to inform you immediately of what has been found.

What are the risks from the procedure?

If you are pregnant: the procedure could cause a miscarriage, and could harm a developing baby. This is why we book your appointment, whenever possible, after a period.

Infection: the risk of an infection following the procedure is approximately 1 in a 100 cases. As a precaution we will prescribe antibiotics to be taken following the procedure.

Allergy: it is extremely rare to have an allergic reaction to the "dye", but if you have any known allergies you must inform us before the procedure.

Fainting: occasionally you may feel "faint" during or after, so we advise you to lie down for a few minutes.