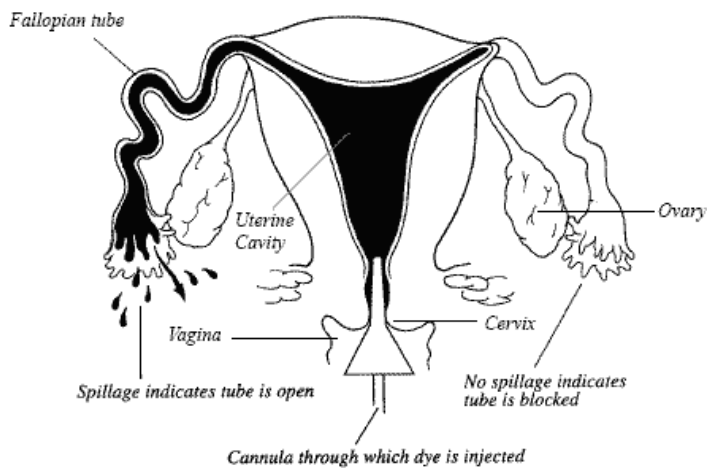


What is a Hysterosalpingogram (HSG)?

An HSG is a radiology procedure mainly used to investigate infertility. This is done by demonstrating the shape and structure of the uterus and seeing whether the fallopian tubes are blocked or open using x-rays and x-ray dye.



Who is in the room during this procedure?

- A Radiologist or Radiology Registrar (a fully qualified doctor who is specialising to become a Radiologist)
- Medical Radiation Technologist/s (MRT)
- A student MRT may assist the MRT during the procedure

We understand that this is a sensitive procedure so will check with you before the examination that you are comfortable that MRT students are present.

You are welcome to bring your partner or support person in with you.

How do I make an appointment?

This test must be done between day 7 and 12 of your menstrual cycle, i.e. 7 to 12 days from the first day of your period.

Please contact the Radiology Administration team as soon as possible after the start of your period to book your HSG.

Contact details are at the end of this leaflet.

We aim to make an appointment for the first cycle you call, but occasionally this is not possible and you may have to wait for another cycle.

How do I prepare for an HSG?

There is no special preparation required for this test.

However it is not possible to perform this test if you might be pregnant. Please avoid unprotected sex between the start of your period and your HSG appointment.

If you notice bleeding or spotting on the morning of your appointment please phone radiology admin (using the contact numbers at the end of this leaflet) and ask to speak to MRT working in the Fluoroscopy room as the test may not be successful if you are still bleeding.

Some studies have shown that people who bring their own music to this procedure find the experience less stressful. You are welcome to bring in a CD or MP3 player loaded with music that you enjoy to listen to.

What happens before the procedure?

You will be asked by the MRT to change into a hospital gown, undressing from the waist down, including removing your underwear.

The MRT will explain to you what is going to happen and show you into the room.

The Radiologist/registrar will give you a more detailed explanation of the procedure and answer any questions that you may have.

They will then ask you to sign a consent form to say that you agree to have this procedure.

There are no lockable facilities in Radiology. We strongly recommend that any valuables are left at home. Please be aware that CCDHB does not take responsibility for any loss or damage of personal property belonging to patients whilst on CCDHB premises

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What happens during the procedure?

The procedure is similar to a gynaecological examination or smear test and begins with you lying on the x-ray table with your legs bent and knees apart. The Radiologist/registrar inserts a speculum into your vagina. This is similar to the one used for a cervical smear test. A small tube is then passed through your cervix and into the uterus. Contrast (X-ray dye) is injected through this tube to outline the uterus and fallopian tubes. The radiologist/registrar will then take a series of x-ray pictures.

The whole procedure is usually completed within 30 minutes.

You may experience discomfort and cramping during the insertion of the catheter and injection of contrast. Some people do find this to be a painful examination. This should resolve soon after the procedure has finished.

Occasionally, if it is difficult to see fallopian tubes filling, the radiologist/registrar may give you a spray of medicine under your tongue. This is called Nitrolingual or GTN spray and is the same medicine used for people who have angina. This can help dilate the fallopian tubes and enable them to more easily fill with contrast. This medicine can give you a headache, and is not suitable for all patients. This would be discussed with you before administration.

What happens after the procedure?

- Afterwards, you will be shown to the bathroom, where you may wish to sit on the toilet for a few minutes to allow the last of the contrast to pass. Do not be alarmed if this is slightly blood tinged, this is normal.
- There may still be some discharge after the procedure, because of this we recommend that you bring a sanitary pad with you.
- Most of the contrast will have been passed by the time the procedure has finishes, any that remains will pass harmlessly into the sanitary pad/toilet by the end of the day.

- There is a shower in the changing room which you are welcome to use if required.

What are the risks of an HSG?

An HSG is generally considered to be a safe procedure.

- There is a very small chance of introducing an infection. To avoid infection the test is carried out as a sterile procedure. Despite this, if you feel unwell in the days following this examination, have a fever, have any unusual discharge or heavy bleeding please contact your GP or go to the Emergency Department.
- Very rarely there may be a reaction to the contrast used. If this did occur, it would be treated with appropriate drugs which may include antihistamines.

All x-ray examinations involve exposure to radiation in varying amounts. The length and level of exposure to radiation from x-rays in medical procedures is strictly controlled and kept to the minimum possible.

How do I find out the results of this procedure?

The radiologist will not be able to provide a result immediately.

They will study the images obtained and will write a formal report and send the results to the doctor that referred you for this test. A copy will also be sent to your GP. Results are usually available to your doctor within 2 weeks.

Where can I go to find more information?

If you have any further questions contact the radiology admin team using the contact details below and they will arrange for an MRT to call you back.

Contact us or visit <http://www.healthpoint.co.nz>

(select CCDHB and Radiology)

Contact us

Phone: (04) 806 2193 ask for Fluoroscopy bookings

Fax: 04 8060301

Hours: 8am-4pm, Monday to Friday

Email: radiology.admin@ccdhb.org.nz