

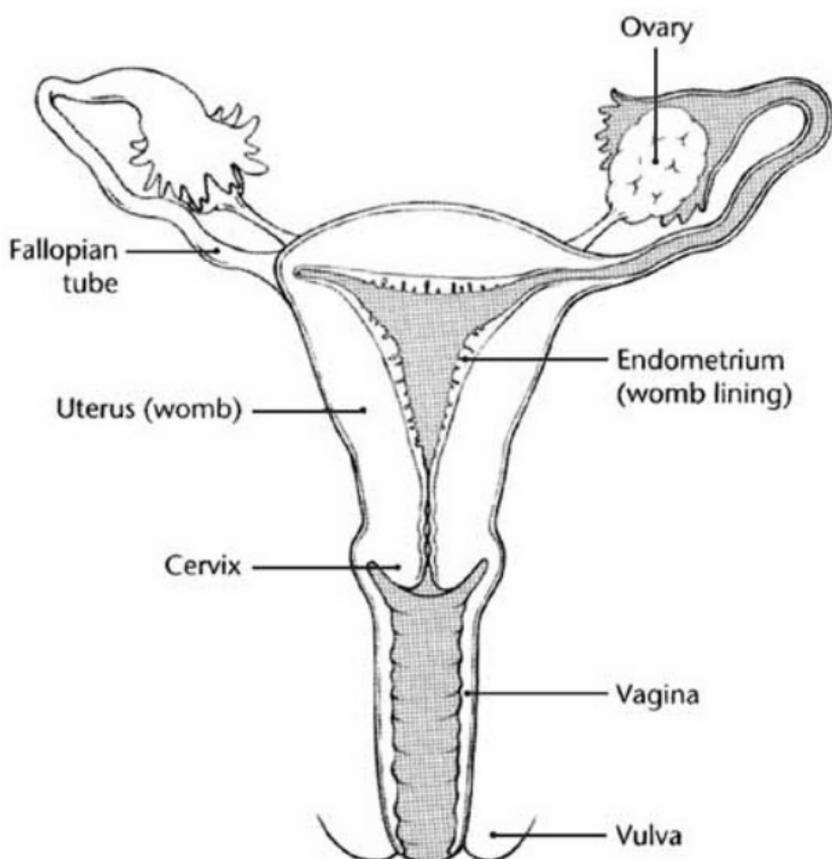
Information leaflet for patients

Hysterosalpingogram (HSG)



What is a Hysterosalpingogram (HSG) and why do I need one?

A HSG is a special X-ray test which looks at the inside of your uterus and fallopian tubes (the tubes that connect your ovaries and uterus). It aims to show whether your uterus is normal and if your fallopian tubes are blocked or damaged. It may explain why you have been unable to get pregnant and will help your doctor decide the most appropriate treatment for you.



How do I arrange my appointment?

On the first day of your period please ring the Radiology Department on 0121 333 9999 ext 5309. We need to perform the test as soon as possible after your period has finished.

It is very important that we do not perform the procedure if there is the slightest chance that you could be pregnant. The X-rays used can put you and your pregnancy at risk.

For this reason please DO NOT have sexual intercourse from the first day of your period until after the procedure.

What will happen when I arrive at the hospital?

When you arrive in the Radiology Department you will be booked in by the receptionist. A radiographer will check and confirm some details with you. He/She will ask you some questions about your last period, whether you have followed the instructions regarding sexual intercourse and whether you have taken any pain relief. You will be asked to empty your bladder and to undress and put on a gown in the changing area. You will then be shown through to the X-ray room.

The doctor will:

- explain the procedure to you in more detail
- confirm any pain relief taken
- check again whether you have any allergies
- answer any questions you may have
- ask you to sign a consent form
- You will not need an anaesthetic for this procedure.

What does the procedure involve?

You will lie-down on the X-ray table in a similar position to when you have a smear test. The test uses a speculum (the same instrument as the smear test).

A small tube attached to a syringe is placed in the neck of your uterus. This is used to fill your uterus with X-ray contrast which should pass into your tubes. As this is going on X-rays will be taken and images produced.

You may be able to see the X-ray pictures on the TV monitor after the test. The test should take about 10 minutes.

What happens after the procedure?

After the procedure you will be given a sanitary towel. It is normal to have some bleeding for a few hours after the test. We will ask you to rest in a recovery area for a short time until you feel well enough to leave.

You will get the results of the test when you next see your referring consultant or your GP. If you do not already have an appointment please make one.

Appointments can be made at hospital reception or by calling 0121 333 9999 ext 5451.

Will it hurt?

You may feel some 'period type' pain as the contrast fills your uterus and tubes. This pain settles soon after the procedure is finished.

As you may feel some discomfort we advise that you take simple painkillers; the ones you usually take for period pains (e.g. paracetamol or nurofen) within the 2 hours before your appointment.

Please let the Doctor or Radiographer know if you have taken any painkillers.

If your pain continues after the procedure we can give you some more pain relief.

Most pain is short lived. If you are still experiencing problems twenty four hours later then contact your GP.

What are the risks?

The healthcare team will take every step to make the test as safe as possible. However, complications can happen. The numbers relating to risk are from studies of women who have had this test. Your doctor will be able to tell you if the risks are higher or lower for you. The possible complications are:

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|------------------|---|
| Pregnancy | X-rays used in this procedure can damage a baby during early development. This can cause miscarriage or abnormalities. This is why it is important that you follow guidance about avoiding sexual intercourse before the procedure. |
| Pain | You may feel some 'period type' pain during the test. This is discussed in the previous section. |
| Infection | There is a small risk of infection of <4%. If we feel you are at risk of infection you will be given antibiotics. |
| Allergy | It is extremely rare but it is possible to have an allergic reaction to the X-ray contrast. It is important that you let the Doctor or Radiographer know if you have any known allergies. |
| Fainting | Occasionally patients feel 'faint' following the test. This is usually due to manipulation of the cervix and resolves after resting for a little while |

What are the alternatives?

The alternative to this test is a Laparoscopy. This is an invasive operation and is only advised in specific circumstances.

NICE (National Institute for Clinical Excellence) advise Hysterosalpingography as the first investigation in most patients.

What are the benefits?

This test will allow your doctor to assess your uterus and fallopian tubes and plan appropriate treatment for you.

Should I bring someone with me?

Yes. As you may find it helpful for someone to drive you home after the test.

When can I start trying to conceive?

We advise that you wait until after your next period before trying to conceive. There is a small risk that if you conceive before this time the X-rays may have damaged your released egg.

What if my tubes are blocked?

In some cases it may be possible to attempt to unblock your tubes but this will have to be arranged at a follow-up appointment after discussion with your consultant and in order to give you time to review the information for yourself.

Information for this procedure can be found in a separate leaflet for a Selective Salpingogram which is available in the Radiology Department.

Summary

A Hysterosalpingogram is a safe and effective way of looking for problems with the inside of your uterus or fallopian tubes. However, complications can happen. You need to understand the complications to make an informed decision about this test.

If you have any questions, you should make sure you ask them.

Where can I find out more information?

If you have any further questions about your test you can contact the Radiology Department on 0121 333 9999 ext 5309.

You may also find the following websites useful.
www.nhsdirect.nhs.uk

NICE fertility guidelines (CG11) available at:
www.nice.org.uk

This leaflet is intended for information purposes only. It should be used together with any advice given by your relevant healthcare professional.

Birmingham Women's Hospital
Mindelsohn Way
Birmingham B15 2TG
Website: www.bwc.nhs.uk

Author: David Tinkler (4th year medical student, PMS)
Reviewed by: Dr M Balogun
Consultant Radiologist & Clinical Service Lead
Annette Noonan - Advance Ultrasound Practitioner
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