

Level 7, Esher Wing, Galsworthy Road, KT2 7QB
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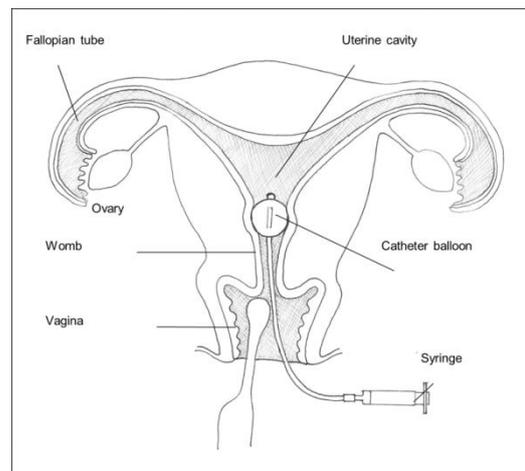
HyCoSy & Saline sonography (SIS)

What are HyCoSy & Saline sonography (SIS)?

HyCoSy and saline sonography are ultrasound procedures that are used to visualise and assess the cavity of your womb (**uterine cavity**) and **fallopian tubes**. The purpose of the procedure is to determine if your fallopian tubes are damaged and to see if the inside of your uterus is a normal size and shape.

Procedure:

The HyCoSy is an outpatient procedure that takes about 30 minutes and may cause some mild period type cramping. You will be asked to change into a hospital gown for the procedure and then to lie on a couch. A speculum will be passed into your vagina (like a smear test), and small tube (catheter) passed into your vagina and through your cervix. There is a pea sized balloon at the end which stops the fluid leaking out. The speculum is then taken out and an internal vaginal ultrasound probe passed into the vagina. A small amount of fluid is then passed through the tube into your uterus (womb). This helps to see small irregularities in the womb shape that might not be seen with normal ultrasound.



Then a second fluid is used which appears bright white on scan. This allows the fallopian tubes to be seen as the fluid passes along them. The scan is performed by a Doctor, Sonographer or specialist nurse, with an assistant helping.

How to book the test?

HyCoSy scans are normally performed between day 5 and day 25 of your menstrual cycle and after you have finished menstruating (bleeding). **It is extremely important that you contact us on the above number on the first day of your period so that we may arrange an appointment for you.** (Ring us on Monday, if your period starts over the weekend).

If you have irregular menstrual cycles, you will be advised how to arrange the HyCoSy.

It is important that you do not have sexual intercourse between the first day of your period and the appointment date. This is to ensure you are not pregnant, however unlikely this may be. This includes intercourse using a condom **The procedure will not go ahead if you have had intercourse** and this will delay all subsequent treatment.

PTO

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Antibiotics prophylaxis at HyCoSy:

As fluid is being passed into the womb, there is a very small risk of causing an infection or reactivating an infection that may already be present. To avoid this, you will be prescribed two types of antibiotics to be **taken on the day of the HyCoSy/SIS (as advised by the nursing team)**. The antibiotics are:

1. Azithromycin 1g single dose
2. Metronidazole 400mg single dose

On the day of the appointment:

Please ensure your phone is with you and switched on as we may need to contact you prior to your appointment. You will be advised when to take your antibiotics by a member of the nursing team on arrival. You can also take over-the-counter pain relief (such as paracetamol or Ibuprofen) an hour before the procedure. Please attend promptly for your appointment and report to the reception desk of the ACU 7th Floor, Esher wing. We will not be able to see you if you are late. If you are planning to bring somebody with you to the appointment, they will need to wait in the car as they will not be permitted inside the hospital. We will ask you for a urine sample to test for pregnancy before we commence the procedure. Although most people tolerate the scan well, you may wish to plan to stay at home for the rest of the day.

What should I expect after the procedure?

After the HyCoSy, you may have some vaginal discharge as some of the fluid will drain out of your uterus. The fluid may be tinged with blood. A pad can be used for the vaginal discharge. **Please do not use a tampon.** You also may have the following symptoms for 24 to 48 hours:

- Slight vaginal bleeding
- Period like cramps
- Feeling dizzy, or sickness

What are the risks associated with HyCoSy?

Severe problems after HyCoSy are rare. They include an allergic reaction to the fluid, injury to the uterus, or pelvic infection. Please seek medical advice (usually your GP) if any of the following symptoms occur:

- Foul-smelling vaginal discharge, vomiting, fainting
- Severe abdominal pain or cramping
- Heavy vaginal bleeding
- Fever or chills

If you have any further queries about the procedure, please telephone the ACU on 020 8934 3155 or email khn-tr.kingstonfertility@nhs.net and we will be happy to answer any questions or concerns you may have.

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