

# Women's Health Circle

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## **SONOHYSTEROGRAM OR HYSTERO-SALPINGO CONTRAST SONOGRAPHY (HyCoSy)**

### **General information**

This is a specialised ultrasound based procedure to determine if your Fallopian tubes are patent or if they are blocked.

One third of women who have trouble falling pregnant experience blockages within the fallopian tube(s). Causes include pelvic infections, previous scarring and ectopic pregnancy, previous surgery. When the fallopian tube is blocked, it prevents the egg from meeting the sperm, so conception can't take place.

**NO SEXUAL INTERCOURSE once period starts until after the procedure.**

### **What does this procedure involve?**

The procedure involves a transvaginal ultrasound and a contrast agent. Sterile saline is used to highlight the uterine cavity, and bubbled up normal saline is used to highlight the fallopian tubes. If the anatomy is very difficult, or there are imaging problems, we sometimes use a commercial contrast agent like ExEm foam as well.

### **When is the best time?**

It must not be done when you are or could be pregnant, so it is best planned for the first half of your cycle, before Day 12 – 14 when ovulation usually takes place. We count the days from the first day of your last menstrual period. Between Day 5 and Day 10 is the best time. Most women ring on Day 1 of their cycle, when their period first starts to make an appointment.

### **How do you perform the procedure?**

We will first take pictures of your uterus and ovaries with the ultrasound probe on your abdomen. We will then ask you to empty your bladder. Our doctor will pass a speculum into the vagina just like a routine pap smear. Then, she will pass a very thin tube into the cervical canal. There is a balloon in the tube that is inflated to hold it in place. The speculum is then removed and replaced by the transvaginal ultrasound transducer. A solution of saline is instilled to outline the endometrial cavity and then the special bubbly saline is injected. Its

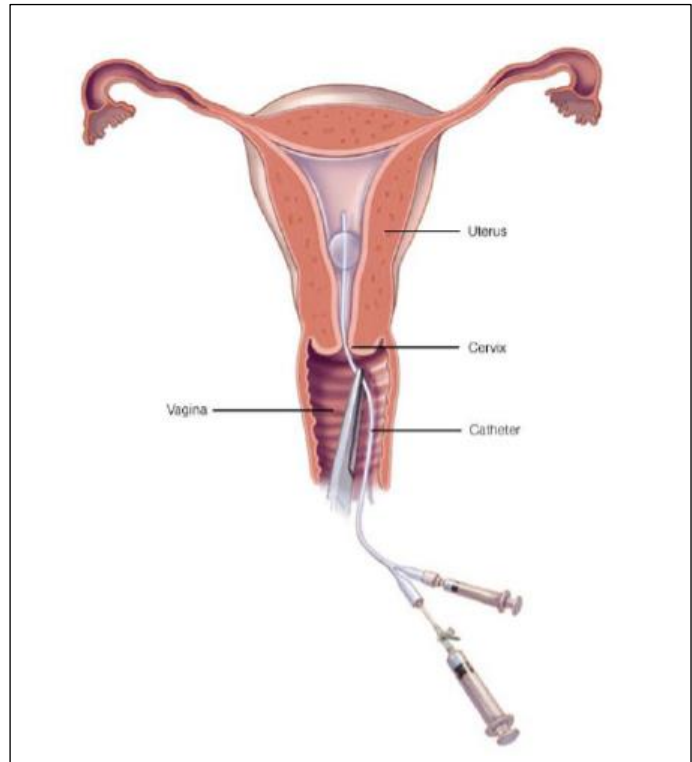
path is followed up into the uterus and then (hopefully) out through the fallopian tubes on each side. If one or both fallopian tubes are not patent, then this becomes obvious and can be visualised on ultrasound. You will know the results on the day of your procedure.

### **What are the alternatives to HyCoSy?**

The other options available to test tubal patency are laparoscopy and dye, done under general anaesthetic, or hystero-salpingo-graphy (HSG) done with xray visualisation. These tests are uncomfortable and more expensive. You may wish to discuss these options with your doctor.

### **Will it be painful?**

This type of procedure does not need any hospitalisation or an anaesthetic. Some women do experience period-like pain during or shortly after the procedure. We recommend you take a two Panadol or Nurofen or Naprogesic tablets 1 – 2 hours before the procedure.



### **Don't plan to drive home?**

You may feel absolutely fine after the procedure but you may feel light headed or a little uncomfortable. The safest thing to do is not to drive in case. You will be fine to drive and go to work the following day.

### **What are the risks of the procedure?**

- Bleeding from the vagina which usually resolves on its own
- Dizziness or feeling faint, which usually resolves with bed rest
- Infection, requiring antibiotics and further treatment but this is rare
- May not be possible due to technical or medical reasons
- Allergic reaction to the contrast medium
- Rash, hives,itching,nausea,fainting and shortness of breath
- If you have a heart valve problem or are on any immunosuppressive medications, please talk to the doctor before the procedure

### **After the procedure?**

After the procedure, we recommend that you rest for 10 minutes after the test. We will arrange another appointment in 6 weeks time to check the strings. Please let us know if you are experiencing any problems post insertion.