

HyCoSy Patient information leaflet

What is HyCoSy?

HyCoSy is hystero-salpingo contrast sonography which is an internal (vaginal) ultrasonography using a special fluid to check the fallopian tubes and inside the uterine cavity (womb).

Why do I need HyCoSy?

HyCoSy is advised if you are having difficulty to get pregnant to check the fallopian tubes and the uterine cavity. The actual conception (union of the sperm and the egg) happens in the fallopian tubes and eventually they carry the embryo to the uterus. If the tubes are damaged or blocked it may be difficult to become pregnant. This test gives the information about your fallopian tubes to understand whether the tubes may be blocked or damaged. It will also help us to assess the cavity of the uterus. This test result can help us to plan any future care you may need to get pregnant.

Are there any alternatives?

Hystero-salpingo-gram (HSG) – It is an Xray with dye to check the tubes.

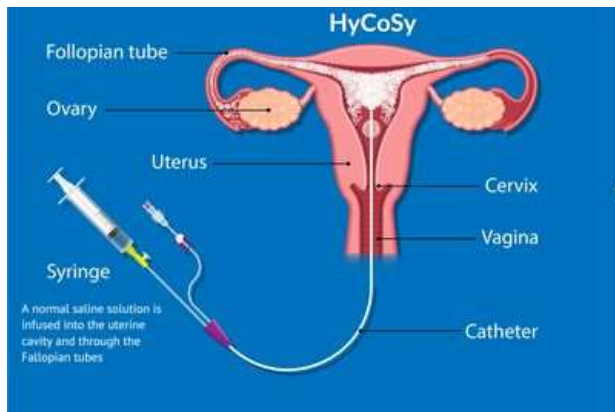
Laparoscopy (key-hole surgery) with dye test, usually under general anaesthetic to check the tubes.

What do I need to do to prepare for a HyCoSy?

It is important that you are not pregnant at the time of the procedure, as there is possibility of disturbing the pregnancy, leading to miscarriage. Once you have an appointment date, do not have unprotected sexual intercourse (abstain or use condoms) from the first day of your menstrual cycle until after the test. The procedure will not be done if you have had unprotected sexual intercourse in that cycle prior to the procedure.

What happens during the HyCoSy procedure?

The examination is performed in the ultrasound room. You will be asked to empty your bladder and the procedure will be explained by the practitioner. Verbal consent will be taken. You will be made comfortable on the examination couch and a transvaginal (internal) ultrasound will be carried out. This entails an ultrasound probe being introduced into the vagina. This is a routine gynaecological examination and should not hurt. This allows us to visualise the uterus (womb) and ovaries prior to the HyCoSy. If this is satisfactory, the examination will then progress to HyCoSy. A speculum (like the one used in cervical smear examination) will be put into the vagina; this allows us to see the entrance to the womb (cervix). A small catheter (plastic tube) will then be passed into the uterus. A tiny balloon which is attached to the catheter will be inflated to keep the catheter in place during the examination. The speculum is then removed, and a small amount of saline is injected into the cavity under ultrasound control and a 3D scan of the cavity is done to check any pathology like polyp or small fibroids affecting the cavity. Then a sono-opaque fluid is injected which shows up as “bright white” on ultrasound and we can trace its course outlining the cavity of the womb and tubes if there is no blockage. Not seeing dye in the tubes does not always mean the tubes are blocked but this information is useful for us to help in planning your care and future treatment.



Will it be painful?

The scan is unlikely to be painful. However, you may feel some discomfort like period pain. Usually this pain or discomfort is helped using usual painkillers such as Paracetamol or Ibuprofen. If you are worried about the discomfort you may take your usual painkiller half an hour before the examination. (if you are allergic to any then you could take some other suitable painkiller)

How long does the test take?

The procedure takes about half an hour.

What happens after the test?

At the end of the test we will let you know our findings. Any further tests or follow-up arrangements that need to be done will be organised on the same day as the test.

What do I need to do after I go home?

You can go home immediately after the test. You should be fine to carry out normal daily activities, and you will be able to start having sexual intercourse again.

What are the risks of having HyCoSy?

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

Infection: the risk of an infection following the procedure is approximately 1 in 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 after the ultrasound.

Further information

If you have any queries or problems with your treatment at any time please contact Mr. Himanshu Borase's secretary Lucy Dynes on 07512877546 or hbsecretary@yahoo.com