

# HYSTEROSALPINGO-CONTRAST SONOGRAPHY (HyCoSy)



Information for Patients and Partners



## What is this leaflet about?

This leaflet is produced to inform women undergoing HyCoSy about what is involved. Your consultant will inform you that a test is needed to check the patency of your Fallopian tubes and that HyCoSy is the test of choice to be considered for yourself.

## What is HyCoSy?

A HyCoSy is an examination of the uterine cavity and Fallopian tubes. It involves a speculum examination, much like a smear test, and then a very thin tube (catheter) is passed into the uterus (womb) through the cervix. The tube has a very small balloon on the tip which is inflated to seal the cervix. Once the tube is in place the womb is scanned using a trans-vaginal (internal) ultrasound scan to check that the position of the tube is correct.

A very small amount of a special gel is then passed through the tube into the uterus and fallopian tubes.

Ultrasound shows the gel as it passes through the fallopian tubes and is spilled out of the end of the fallopian tubes, indicating that they are open (patent).

## Who is the test for?

Your doctor needs the information to check that the tubes are open and are able to allow your eggs to travel freely down the tubes into your womb where they implant. It is performed on women who are finding it difficult to get pregnant or as a check after tubal surgery.

## What preparations are needed for HyCoSy?

You must use barrier methods of contraception during the cycle of the HyCoSy appointment.

This test cannot be carried out during your period.

We recommend taking some pain killers ½ hour before your HyCoSy test such as 2 paracetamol tablets (500 mg/ tablet) as this may help to relieve any discomfort during the examination.

## How Do I book the test?

For appointments please ring: 0116 2585922.

You need to contact us on day 1-4 of your period when you are ready to have the test. You must use a barrier method of contraception during the cycle of the HyCoSy treatment to ensure you are not pregnant at the time of the test.

**You must ensure that you had a negative Chlamydia test result within the last 6 months.**

We will book an appointment for you to have the HyCoSy test after your period has finished.

## What happens during my appointment?

You will be asked to empty your bladder before the examination. You will then be made comfortable on the examination couch when an initial internal scan is performed to check your womb and ovaries are normal. This only takes a few minutes and is painless. Once we have this information, we will then perform the HyCoSy scan which takes 15-20 minutes.

You may feel a slight period pain during the scan and if you do feel uncomfortable, we will stop briefly so that you can recover, and we will proceed when you feel more comfortable.

After the test, the gel will leak out a little and you will be more comfortable wearing a pad for a while. You can take your preferred pain killers, such as paracetamol, to ease any discomfort caused by the test. You will be able to carry on life as normal an hour or two later, but you may benefit from not going back to work immediately. You will know when you feel well enough to.

An appointment with your doctor will be arranged to discuss your results, together with any recommendations they have for you.

## What risks are involved?

HyCoSy is a very safe method for checking the patency of fallopian tubes; it does not require any surgery or anaesthetic. It also means you will not be exposed to X-ray.

Some women occasionally experience some cramping pains during and after the procedure, but these will ease in a very short time. We recommend that you do not drive after the procedure, so please make arrangements for a relative or a friend to drive you home or accompany you home on public transport.

Reactions to the gel are very rare and may result in feeling faint or experiencing abdominal pain. We will ensure you are well enough before you leave the clinic.

Rarely the procedure can cause pelvic infection; this would become apparent up to 10 days following the procedure. If you suspect you have any signs and/or symptoms, please contact your G.P. and inform him/her that you had the HyCoSy scan. Symptoms include malodorous vaginal discharge, fever, and stomach pain. **Please note that it is recommended to screen all women for Chlamydia prior to HyCoSy.** Your doctor, practice nurse or fertility specialist can arrange this for you unless you have already had a test for Chlamydia within the last 6 months.

Please note that Leicester Fertility Centre is unable to guarantee that your treatment will be carried out by a specific doctor. Please let us know if you would not proceed with treatment unless a specific doctor was available.

## Our commitment to patients

We are constantly striving to improve our services to patients, and we will welcome your comments or suggestions for improvement.

### Leicester Fertility Centre Contact Details

**Tel:** 0116 2585922

**E-mail:** LFCinfo@uhl-tr.nhs.uk

**Website:** [www.leicesterfertilitycentre.org.uk](http://www.leicesterfertilitycentre.org.uk)

### Useful addresses

Human Fertilisation and Embryology Authority: [www.hfea.gov.uk](http://www.hfea.gov.uk)

NICE guidelines: [www.nice.org.uk](http://www.nice.org.uk)

NHS - Response line: [111.nhs.uk](tel:111) / 111

NHS - Smoking helpline: 0300 123 1044

Fertility Network UK: [www.fertilitynetworkuk.org](http://www.fertilitynetworkuk.org) / 0121 323 5025

Do you feel that you are at risk of verbal or physical abuse? If so, you may find the following numbers useful:

Domestic Violence Helpline:

United against violence & abuse (UAVA)

Helpline: 0808 802 0028

Email: [info@uava.org.uk](mailto:info@uava.org.uk)

Text support: 07715 994 962



*This information was correct at the time of printing. While the Trust makes every reasonable effort to keep its information leaflets up to date, very recent changes may not be reflected in the guidance and you should discuss this with the clinical staff at the time of your appointment.*

## Questions

If you have any questions write them down here to remind you what to ask when you speak to your consultant.

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.



## Today's research is tomorrow's care

We all benefit from research. Leicester's Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.

**If you need information in a different language or format, please call the number(s) below or email [equality@uhl-tr.nhs.uk](mailto:equality@uhl-tr.nhs.uk)**

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔

على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل  
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।

Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

**0116 258 4382 or 0116 250 2959**