



PATIENT'S FACT SHEET: **ABOUT YOUR HYSTEOSALPINGOGRAM (HSG)**

An **HSG** is a test to evaluate the anatomy of the uterine cavity and to check the fallopian tubes to see if they are open (patent). The test is done in the X-Ray (Radiology) Department at Southern New Hampshire Medical Center, by one of us, with a radiologist providing fluoroscopic guidance and taking permanent images, and with a radiology technician assisting. The test is booked early in your menstrual cycle, after bleeding ends, but before ovulation. *If you are still having menstrual bleeding on the day of the HSG, you must call to reschedule.*

Preparation for your HSG

We prescribe an antibiotic (usually doxycycline, unless you are allergic) which you should take 1 hour before the procedure and again 8-10 hours afterwards. We also recommend 600mg of ibuprofen an hour before the procedure to minimize cramping. Have something to eat before taking these medications. Arrive at the hospital Radiology Department (ground floor, across from the lab and down the hall from the ER) about 15 minutes before your appointment time to check in with the receptionist. Bring your medical insurance card for the check-in procedure. You may bring your husband/partner, and s/he may come in the procedure room if you desire.

The procedure

You will be asked to change into a lovely hospital "Johnny" and will be brought into the X-ray room by the technician. We will ask you to have a seat on the exam table as we will set up the instrument tray. The contrast medium, or dye, we usually use is Sinografin[®], which is iodine-based. *Please tell us if you are allergic to iodine!* It is clear to slightly amber colored, water soluble, and somewhat sticky/slimy (rather like Karo syrup).

We will do a bimanual exam to assess the position of your uterus, then insert a vaginal speculum (as is done for doing a pap smear), cleanse the cervix with an iodine-containing antiseptic solution, insert a cannula (small-diameter tube) into the cervix, then remove the speculum while leaving the cannula in place. The radiologist will then adjust the table and/or X-ray machine so that everything is aimed properly. The dye will be slowly injected, and everyone in the room will be able to watch the fluoroscopic image on a TV monitor. You will be able to see the cavity of the uterus (like an upside-down triangle) as it fills with dye, then thin lines of dye going through the tubes, then finally a "splash" as the dye spills out the ends of the tubes. There is often some mild cramping. Stay focused on the screen, talk to us, and let us all know how you are feeling. The cramping quickly passes.

Results

One of the good things about this test is that the results are available instantly. Most of the information is obtained from what we see on the TV monitor. We also make a few permanent images, and they take just a few minutes to come out of the X-ray processor. We will review the results with you before you leave.

After the procedure

Afterwards, you will likely have some sticky/slimy discharge or drainage, along with some light spotting. There may also be some brownish discharge from the antiseptic solution. You will be provided

with a pad, and you may need more as the day goes on. The cramping usually leaves quickly, but if it persists, you can repeat the ibuprofen every 4-6 hours. You should take a second dose of antibiotic 8-10 hours after the procedure. If your tubes appear to be blocked, we will usually prescribe additional antibiotic for several days. You should call us if you have persistent or severe cramping, bleeding more than a pad every 2-3 hours, or if you develop a fever greater than 100 degrees.

You may ovulate a few days after the HSG, and there is no reason to avoid intercourse. In fact, it's a good time to try to get pregnant. There is evidence that HSG's can lead to improved tubal function, and the chance of conception may be slightly increased for a few months after an HSG!

Last period _____

HSG appointment _____

Prescription enclosed _____ or called to _____ pharmacy.