

# **HYSTEROSALPINGO CONTRAST SONOGRAPHY [HyCOSY] – PATIENT INFORMATION LEAFLET**

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## **1 WHAT IS A HyCOSY?**

HyCoSy is a test using ultrasound to check tubal patency. A speculum is introduced into the vagina [similar to having a smear procedure] It consists of the introduction of a contrast medium through the cervical canal into the uterus, through the fallopian tubes and into the peritoneal cavity.

The passage of the contrast dye is monitored through a transvaginal (internal) scan. This procedure determines whether there are any blockages present in the fallopian tubes which would prevent an egg passing safely through them when you ovulate. It should be performed after menstruation in the first half of the cycle, sometime between days 10 and 13.

During the procedure itself, a catheter is passed through the vagina, through the cervix into the uterus (womb). A small balloon is then inflated to keep the catheter in place in the uterine cavity before the contrast dye is introduced through the catheter. This may cause some discomfort and feels similar to the uterine cramps experienced during menstruation. Throughout the process the procedure is monitored by your doctor via an ultrasound scan. This allows your doctor to view the contrast dye flowing through your fallopian tubes.

## **2 CONSENTING TO THE PROCEDURE**

You will be required to complete a consent form for the procedure to be undertaken. This will be completed with you by the doctor who is undertaking the procedure.

It is recommended that you avoid intercourse from the first day of your last menstrual period until after the HyCoSy procedure itself. After the test you can continue with your normal daily activities including protected or unprotected sexual intercourse if you wish.

## **3 HOW LONG DOES THE HyCOSY PROCEDURE TAKE?**

A HyCoSy procedure takes approximately 30 minutes to complete and no anaesthetic is required.

## **4 PAIN RELIEF**

We recommend that you take two Paracetamol tablets, or any other common painkiller, one or two hours before the procedure. If you have any concern regarding this procedure and the use of painkillers for any reason, including any medical condition that you may have, please contact our nursing team for more information and advice.

## **5 FOLLOW UP AFTER YOUR PROCEDURE**

The Doctor undertaking the procedure will discuss the results with you following the procedure and provide you with antibiotic cover if required. If required, a review consultation will be made and further treatment options will be discussed with you.

If you have further questions regarding your procedure, please contact the clinic on: 02921841889.