

Your Hysterosalpingogram

You and your partner have been trying to conceive but have been unable to do so. A hysterosalpingogram is one of several tests/examinations for an infertility workup.

Now your doctor has referred you to the Radiology Department for a hysterosalpingogram. This is an x-ray procedure in which contrast dye is injected through a long cannula into your cervix, uterus, and fallopian tubes. This will show if there is a "blockage" in your fallopian tubes or an abnormality in your uterine cavity.

GETTING READY

Your exam will be scheduled during the follicular phase of your menstrual cycle if possible . This is the right time immediately after your monthly period when there is no chance that you are pregnant and your uterus is at its smallest size. If the x-ray must be done during or after ovulation, we will ask that you use contraception during this time.

We recommend that you have only a light meal before coming for your exam and take 600 mg of Ibuprofen one hour before your scheduled appointment.

WHAT WILL HAPPEN IN THE X-RAY ROOM?

You will be asked to change into a hospital gown. You may want to leave personal belongings, especially a purse or jewelry, with your partner or family member. This also will be a good time to go to the bathroom and empty your bladder.

Next, the nurse or doctor will talk with you in a private area, explaining your procedure and answering any questions. He or she will ask you to sign a written form that says you understand the procedure and agree to have it done.

Then you will be escorted into the x-ray room and assisted onto the x-ray table. If you are a little cool a blanket will be available. You will see the x-ray machine above your head and a glass wall unit and control panel behind it. You will see a monitor that will look like a T.V. screen. There also will be a gooseneck lamp and a tray of instruments that will be used in your exam. Don't be afraid --the x-ray staff is well trained in using all this necessary equipment.

When the doctor is ready to get started, you will lie on your back with your bottom near the end of the x-ray table. You will need to place your legs apart as during a regular gynecological exam.

The doctor and/or assistant will drape your legs with a sheet. Next the doctor will insert the metal speculum that makes your cervix (opening to the uterus) visible. This may pinch a bit just at first. The doctor then will clean your cervix with iodine to kill germs in that area. An instrument will be attached to the top of your cervix to prevent movement. You will feel a sting or pinch. After

this, a cannula will be gently guided through the vagina to the opening of the cervix, and contrast material will be injected to make the uterus and tubes visible on the x-ray monitor. x-ray pictures will be taken at intervals during the exam.

Someone always will be nearby to support and encourage you. Most patients experience some discomfort during the exam but the procedure is over very quickly. Some side effects which may occur during or immediately after the procedure are cramping, nausea, or dizziness. These usually disappear within 30 minutes.

AFTERWARD

After the exam you will be assisted to the bathroom. You can get dressed then and someone will give you a sanitary pad, in case of some light bleeding.

Before you leave, the doctor will review the procedure and your x-ray films with you and your partner or family member. You can ask questions or express any concerns you have. Be sure to ask your doctor about taking or continuing any medications.

At home, you should call your gynecologist if you develop a fever, chills, worsening pain, bleeding lasting more than two days, or if you miss your period.

The radiation dose to the ovaries is kept to a minimum and during this phase of the menstrual cycle, it does not pose a risk of fetal malformation.

The information on this Website is provided for general informational purposes only and **SHOULD NOT** be relied upon as a substitute for sound professional medical advice, evaluation or care from your physician or other qualified healthcare provider. If you have a medical problem or a health-related question, consult your physician or call Health On-Call at 336-716-2255 or 1-800-446-2255.

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