



Hysterosalpingogram

Information for women

**Aberdeen Fertility Centre
Aberdeen Maternity Hospital**

The next step in your investigations is a procedure called a hysterosalpingogram (HSG). This is an X-ray of your uterus and fallopian tubes, which will be carried out in the X-ray Department in Aberdeen Royal Infirmary. A nurse practitioner will usually carry out the procedure.

IMPORTANT

There is a risk to a pregnancy conceived during a cycle when X-rays are carried out, so please make sure you DO NOT get pregnant that month. Please either avoid intercourse or use barrier contraception, from the first day of the cycle in which you are having the X-ray until the start of your next period.

How do I arrange for an HSG to take place?

Phone the Fertility Clinic secretary at the beginning of your next cycle to arrange a date (telephone 01224 550693).

When booking an HSG you should also book a review appointment with the doctors for around 3 weeks after the X-ray. Call reception on (01224) 559230.

When can it be done?

An HSG can be carried out at any point in your cycle except when you are bleeding.

An HSG **will not** be carried out if you have had unprotected intercourse in that cycle.

What are the risks?

- There is a very small risk of infection.
- Allergic reactions to the iodine-based dye are possible.

When and where do I go?

All HSGs are carried out at the **Outpatient X-Ray Department** at **Aberdeen Royal Infirmary**. You can expect to be there around 30 minutes with a time and date being provided when you phone to arrange your HSG.

Day: _____ Date: _____ Time: _____

What happens during an HSG?

- Dye (which shows up on X-rays) is passed through your cervix to outline the uterus (womb) and the fallopian tubes. This requires a vaginal examination like a smear test.
- When the dye is being introduced you may feel some discomfort similar to period pain.
- As you may find the procedure uncomfortable, we recommend that you take painkillers an hour before it. Take paracetamol 1g (2 x 500mg) tablets together with ibuprofen 400mg (2 x 200mg or 1 x 400mg) tablet for best pain relief. **Do not take ibuprofen if you cannot tolerate it, have asthma or stomach ulcers.**
- Approximately five people will be in the room during the procedure. These include clinicians, X-ray technicians and a nurse.
- X-ray pictures are taken while the dye is being introduced giving a continuous picture of the dye filling the tubes and spilling out. You will be asked to remain on the X-ray table until the films are checked for quality, as sometimes a delayed X-ray film is required.

What happens after the procedure?

- You may have some vaginal bleeding after the procedure. Please take a pad or panty liner.
- You may also wish to take a companion to travel home with.
- You are normally able to return to work the next day.
- At your next review appointment 3 weeks after the X-ray, the doctor will discuss the results and plan for your future care.

This leaflet is also available in large print and on computer disk.

Other formats can be supplied on request. Please call Quality Development on (01224) 554149 for a copy. Ask for leaflet 0366.

Feedback from patients and carers helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know.