

## **HYCOSY Information**

### **Hysterosalpingo Contrast Sonography**

### **Information Leaflet**

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#### **What is HYCOSY?**

A Hycosy is a test using ultrasound and a special fluid called Sonovue to examine the uterus and fallopian tubes.

#### **Why do we perform HYCOSY?**

We use this test as an infertility investigation. If either the cavity of the uterus, or the tubes are damaged it can prevent conception taking place. It is not possible to see the tubes with normal x-rays or ultrasound, so a specialist examination such as this is needed.

#### **What does the examination entail?**

The examination is performed in the ultrasound room. You will be asked to empty your bladder and the procedure will be explained by the practitioner.

You will be asked to lie on the bed and a cover will be draped over your lower body. A transvaginal ultrasound examination will then be performed. This entails a thin ultrasound probe being introduced into the vagina. This is a routine gynaecological examination, and should not hurt. This allows us to visualise the uterus and ovaries prior to the Hycosy.

#### **If this is satisfactory, the examination will then progress to Hycosy**

A speculum will be put into the vagina; this allows us to see the entrance to the womb (cervix). A small catheter will then be passed into the uterus. A tiny balloon which is attached to the catheter will be inflated to keep the catheter in place during the examination.

The speculum is then removed and a small amount of fluid is injected into the cavity under ultrasound control. The fluid shows up as a "bright white" on ultrasound and we can trace its course outlining the cavity of the womb and tubes if there is no blockage.

You may feel some discomfort similar to period pain. A recent audit performed at the Hewitt fertility Centre showed that 35% of the women have mild discomfort and 8-10 % of them have mild-severe pain during the procedure; immediately after the procedure, the same women refer no pain or discomfort in 55 % of the cases. Only less than 2% of them still report mild pain after the procedure. Usually this pain or discomfort is helped by the use of usual painkillers such as Paracetamol. If you are worried about the discomfort you may take your usual painkiller half an hour before the examination.

#### **How long does the test take?**

The procedure takes about half an hour.

## What happens after the examination?

You may wish to bring a panty liner to wear as the fluid used is sticky. You may not feel able to return to work immediately after the examination. If possible you should be accompanied by a partner or friend on your homeward journey, and you should not drive for an hour or so afterwards. Most women feel completely well after the procedure and can return to their normal activities shortly after. The examination will be reported by the practitioner and will be discussed in full at your next clinic visit.

## Booking your appointment

The test cannot be performed if you are bleeding or there is a chance that you are pregnant. You must use barrier methods of contraception during the cycle of the hycosy appointment, and we will ask you to sign a disclaimer that you are not pregnant.

Smears and screening swabs should have been performed prior to this procedure and the results must be available to view.

Should you have any queries regarding your appointment or procedure please contact the Hewitt Fertility Centre on 0151 7024123 – option 1.

This leaflet can be made available in difference formats on request. If you would like to make any suggestions or comments about the content of this leaflet, then please contact the Patient Experience Team on 0151 702 4353 or by email at [pals@lwh.nhs.uk](mailto:pals@lwh.nhs.uk)