

## HYSTEOSALPINGOGRAPHY

A hysterosalpingogram is a radiological procedure in which a coloured liquid is injected via the vagina to obtain information regarding the uterine cavity (site, dimension, etc.) and the fallopian tubes (depth of penetration). This examination is to be done between the 6th and 10th day following the start of your menstrual cycle.

### **Not recommended:**

- You must not be menstruating or pregnant (some spotting is acceptable).
- You must not have a gynecological infection (we can do the examination if it is candida vaginitis).
- You must have with you, on the day of the examination, your negative chlamydia test dating back less than a year.
- If you have iodine allergies, we cannot do the exam here at the clinic.

### **Exam preparation:**

- You may take two (2) tablets of Ibuprofen 200 mg (Advil or Motrin) 1 to 2 hours before your exam to diminish cramps.
- Expect to take another 1 to 2 tablets 4-6 hours later.
- If you are allergic to aspirin and any anti-inflammatory medications, you can take some Acetaminophen (Tylenol 2 x 325 mg or 1 x 500 mg) one hour before the exam.

### **Exam procedure:**

You are placed in a gynecological position. The radiologist (physician) will insert a vaginal speculum and then a small catheter is introduced in the opening of the uterine neck.

A coloured liquid is slowly injected inside the uterus.

With the help of a TV monitor, the radiologist will follow the flow of the liquid as it spills slowly into the anterior of the uterus then into the fallopian tubes. At the same time, the radiologist will take x-rays.

Discomfort during the exam usually feels like menstrual pain and fades fairly quickly after the procedure. The exam only takes a few minutes.



### **Recommendations:**

- **It is advisable to be accompanied when leaving the exam room.** However, this person cannot be present during the examination.
- You may feel some vaginal discharge as the dye filling the uterus escapes. The dye that was injected into the abdomen will be eliminated naturally with no secondary effects. We recommend that you have a small sanitary pad with you.

### **Side effects:**

- Fever appears in 2% to 3% of cases. If this occurs, please consult your physician.

### **Additional information:**

Some authors believe that your chances of getting pregnant are increased during the cycles following this exam.