

Information for patients and carers

HYCOSY (Hystero Contrast Sonography) Ultrasound Scan

Information and how to book your appointment

A decorative graphic at the bottom of the page consisting of three overlapping, wavy bands of blue. The top band is a light blue, the middle is a medium blue, and the bottom is a dark blue.

What is a hystero contrast sonography (HYCOSY)?

Hystero contrast sonography (HYCOSY) is a test which is done to check your fallopian tubes using ultrasound and a special dye to examine the uterus and fallopian tubes.

We use this test as an infertility investigation. It is not possible to see the fallopian tubes with normal x-rays or ultrasound, so a specialist examination such as this is needed.

This test aims to show whether your fallopian tubes are 'open', by watching on an internal ultrasound scan to see if fluid passes normally through the tubes. During this test we are also able to check the cavity of the uterus (womb).

The examination takes place in the ultrasound department in the Sharoe Green Unit at Royal Preston Hospital.

Important Information

For example: Please inform us before you attend if you are or think you may be pregnant

Preparation for the scan

Please telephone the ultrasound department on receipt of your first letter.

During this telephone call you will be asked to telephone on the first day of your next menstrual period to be given the next available appointment if this falls on a weekend please telephone on the Monday.

The test is performed between day 7 and day 13 after the first day of your period.

Once your appointment has been booked you must refrain from sexual intercourse until after you have had the test.

If you do not follow these instructions the test will need to be cancelled and re-arranged.

It is recommended to take your usual painkillers for period pains (paracetamol or ibuprofen) 1 hour before your appointment. If you do not have periods, please contact the department and we will arrange this test.

Can you bring a relative or friend with you?

Anyone can accompany you to the hospital, but they will not be allowed into the room when you have your procedure. Please note that we do not have childcare facilities, so we ask that you do not bring small children with you, unless accompanied.

What happens when you arrive?

On arrival at the Ultrasound department, the examination will be explained, and you will be asked to change into a hospital gown and empty your bladder.

What happens during the examination?

The examination is performed in the ultrasound room. 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.

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 removed, and a small amount of fluid is injected into the cavity under ultrasound control to see the fallopian tubes. The examination will be reported by the Consultant and will be discussed in full at your next clinic visit.

Are there any side effects?

You may feel some discomfort similar to period pain. Painkillers such as Paracetamol will usually help to relieve this pain. If you are worried about the discomfort, you may take your usual painkiller, half an hour before the examination.

Are there any risks?

There is a small risk of a pelvic infection from this test. Please contact your GP if you experience any of the following symptoms after the test, as you may need treatment for infection:

- Persistent foul smelling vaginal discharge
- Lower abdominal pain
- Fever
- Generally feeling unwell

You may take your normal painkiller (Paracetamol or Ibuprofen) if you experience any pain.

Are there any alternatives?

There is another test called a hysterosalpingogram (HSG), which looks at the tubes using x-rays instead of ultrasound. This is a similar procedure to the HYCOSY

The fallopian tubes can also be assessed by a laparoscopy, which is a small operation and involves a general anaesthetic.

This test is reserved for patients with severe pelvic pain or, as a further test, when the X-ray or ultrasound test is unclear.

Contact details

Should you require further advice or information please contact the department Monday to Friday 8.30am to 4.30pm on the following telephone number: **01772 524616**

Sources of further information

www.lancsteachinghospitals.nhs.uk

www.nhs.uk

www.patient.co.uk

www.accessable.co.uk

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www.lancsteachinghospitals.nhs.uk/patient-information-leaflets

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Please ask a member of staff if you would like help in understanding this information.
This information can be made available in large print, audio, Braille and in other languages.

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