

Imaging department

Arranging your hysterosalpingogram (HSG)

Information for patients, relatives and carers

Please note it is very important that you read this leaflet before booking the appointment for your hysterosalpingogram (HSG).

As part of your investigations you have been asked to have an hysterosalpingogram (HSG), a special x-ray examination of your womb and fallopian tubes. This leaflet explains what a HSG is and what to expect during and after the procedure.

What is an HSG?

An HSG is a special x-ray examination of your uterus (womb) and fallopian tubes. There are two fallopian tubes, one on each side of the uterus and they are responsible for transporting the egg from the ovary to the womb.

Why are HSGs performed?

An HSG is often requested as part of fertility or recurrent miscarriage investigations. It can help to identify blockages or damage in the fallopian tubes and diagnose fibroids, polyps, scar tissue and other problems in the uterus.

When is an HSG performed?

Your cycle starts on the first day of your period. The HSG is usually done between days 6 and 15 of your cycle but **not** while you are still bleeding. Special arrangements are made if you have a very long or irregular cycle or no periods at all.

Please note that we will not be able to perform the procedure if there is any possibility that you may be pregnant. **Therefore, it is important that you do not have sexual intercourse from the first day of your period until after the HSG has been done.** If you have sexual intercourse after your period has started, it may not be possible to perform the HSG.

How can I book my appointment?

On the first day of your cycle/period (or Monday after a weekend), please telephone the imaging department to make an appointment.

If you are an NHS patient the number to call to arrange your HSG is: **020 3313 8560**

If you are a private patient the number to call to arrange your HSG is: **020 3313 4792**

If you are still bleeding on the morning of your HSG appointment, please call the imaging department on **020 3313 0077** as the procedure will need to be rearranged.

What happens during the appointment?

Your HSG will be done in the **imaging (radiology/x-ray) department** on the **first floor of A Block, Hammersmith Hospital**.

When you arrive at the imaging department, please let the reception staff know. A nurse or radiographer will ask you to change into a hospital gown and show you to the examination room.

The doctor or nurse performing the HSG will explain the procedure to you in detail and answer any questions you may have. We will ask you to provide a urine sample before the procedure so that we can do a pregnancy test to make sure that you are not pregnant.

The examination is similar to a smear test. The doctor or nurse will pass a speculum and a special catheter (tube) into your cervix (neck of womb). A clear fluid which shows up on x-rays will then be passed into the uterus through the catheter. X-ray pictures will be taken as the fluid fills the uterus and fallopian tubes.

The procedure usually takes between 10 and 20 minutes.

Will it hurt?

You may find the procedure uncomfortable and experience mild, period-like cramps.

What happens after the procedure?

You will be able to go home or back to work straight after the procedure depending on how you feel.

Mild cramping may continue for two to three hours after the procedure. If necessary, you can take some painkillers.

Some of the clear fluid that was used during the procedure may run out afterwards and you may notice some light vaginal bleeding or spotting. This is normal and is nothing to worry about. Please use pads or panty liners if necessary.

Is there anything I need to watch out for at home?

You should contact your consultant, GP or the hospital where you had your HSG, or go to your nearest A&E if you experience any of the following:

- a raised temperature or fever
- persistent heavy bleeding
- offensive or smelly vaginal discharge
- severe or increasing pain that does not go away with regular painkillers

Are there any risks involved in having this procedure?

There is a small risk of infection after the procedure and so we prescribe antibiotics to minimise this risk. These may be prescribed by the doctor who refers you for the HSG or by the doctor who performs the examination.

Are there any alternatives to this test?

Your doctor will only have requested an HSG if they feel that this is the best way to find out more information about your condition. An alternative may be to have a HyCoSy (a special type of ultrasound examination), a laparoscopy or a hysteroscopy. Your doctor will discuss this with you.

What happens if I decide not to have the hysterosalpingogram?

You will be referred back to the doctor who recommended the HSG to discuss further.

How do I get to the hospital?

Please visit the Trust's website for more information about travelling to our hospitals:
www.imperial.nhs.uk/our-locations

Contact details

Please do not hesitate to contact us if you have queries or concerns:

- imaging department: 020 3313 3389
- recurrent miscarriage patients, St Mary's Hospital: 020 3312 6483
- fertility patients, St Mary's Hospital: 020 3312 1614

How do I make a comment about my visit?

We aim to provide the best possible service and staff will be happy to answer any of the questions you may have. If you have any **suggestions** or **comments** about your visit, please either speak to a member of staff or contact the patient advice and liaison service (**PALS**) on **020 3313 0088** (Charing Cross, Hammersmith and Queen Charlotte's & Chelsea hospitals), or **020 3312 7777** (St Mary's and Western Eye hospitals). You can also email PALS at imperial.pals@nhs.net The PALS team will listen to your concerns, suggestions or queries and is often able to help solve problems on your behalf.

Alternatively, you may wish to complain by contacting our complaints department:

Complaints department, fourth floor, Salton House, St Mary's Hospital, Praed Street
London W2 1NY

Email: ICHC-tr.Complaints@nhs.net

Telephone: **020 3312 1337 / 1349**

Alternative formats

This leaflet can be provided on request in large print or easy read, as a sound recording, in Braille or in alternative languages. Please email the communications team:
imperial.communications@nhs.net

Wi-fi

Wi-fi is available at our Trust. For more information visit our website: www.imperial.nhs.uk