



HyCoSy Information

The aim of this information sheet is to answer any questions you may have about having a HyCoSy test. It explains the benefits of the procedure, how to prepare, and what to expect when you come to the hospital. If you have any further questions, please call the fertility nurses on 0207 288 3776.

What is a HyCoSy?

Hysterosalpingo-contrast-sonography (usually shortened to HyCoSy) is a transvaginal ultrasound technique in which a contrast medium is injected into the uterine cavity. It is a non-surgical procedure and it provides information about the patency of the Fallopian tubes. The Fallopian tubes are important for natural conception and intrauterine insemination (IUI) treatment, as it is through these that fertilised eggs travel to the womb. If these tubes are blocked, then implantation of the embryo may be prevented. HyCoSy can also detect other potential problems within the womb itself, such as polyps or fibroids.

HyCoSy is a relatively straightforward procedure and it provides an accurate result in most women. However, in certain cases we may recommend a different test to assess tubal patency, such as a Hysterosalpingogram (HSG) or a laparoscopy.

When should a HyCoSy be performed?

Ideally this test should be performed before Day 12 of your menstrual cycle. If your cycle is irregular or much shorter than 28 days then we will identify the most suitable time. Prior to the HyCoSy you must have a recent (negative) chlamydia test result. If you have a male partner, you should *not* have intercourse from when your period starts until after your HyCoSy has been performed. This is to prevent ectopic pregnancy.

How do I book a HyCoSy?

To book your HyCoSy please contact the fertility nurses, on the number above, on the first day of your period.

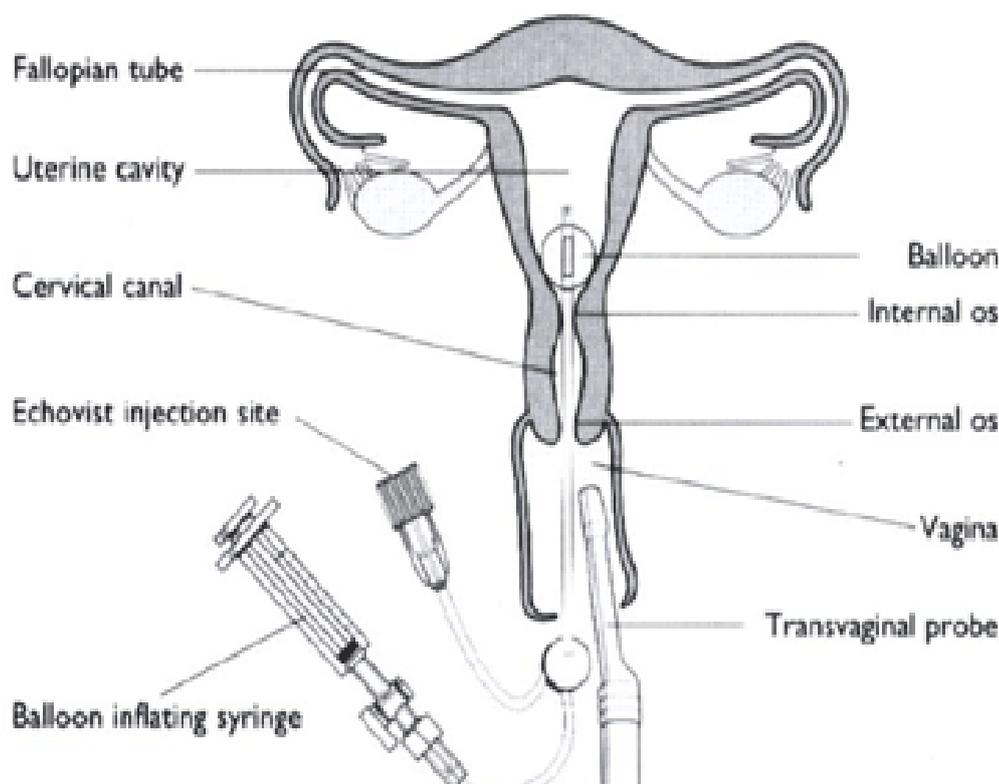
Will there be any discomfort?

You are likely to feel some discomfort during your HyCoSy procedure. Some women also experience short, intense bursts of pain. Please be prepared for this, and rest assured that it is nothing to worry about. It is advisable to take some form of pain relief (paracetamol or ibuprofen) an hour beforehand. You may experience period-like cramping pains for a few hours following the procedure.



What does the procedure itself involve?

You should empty your bladder before the HyCoSy. First of all, a pelvic ultrasound will be performed, usually using a transvaginal ultrasound probe (i.e. an internal scan). This is to check that your womb and ovaries look normal. Subsequently, a speculum will be passed into the vagina to visualise the cervix. A small tube is then introduced into the womb via the cervix. This tube is kept in place by a tiny balloon. The contrast medium is then slowly inserted, and the bubbles it contains are visible on the ultrasound. If the medium passes easily through your tubes, then they are open. The whole procedure takes around 15-20 minutes and is outlined in the picture below.



What happens after the HyCoSy?

You will be informed of the outcome of your test immediately. The next step in your diagnosis/treatment pathway will also be discussed.

You may experience some light bleeding after the procedure, usually lasting no longer than 24 hours. If this occurs, we recommend you use a sanitary towel as opposed to a tampon. You may wish to take another dose of painkillers. If you have heavy bleeding or clotting, please contact us immediately on the number above. You may resume intercourse as soon as you feel ready following your HyCoSy procedure.



Where can I find out more information?

Please contact The Fertility Centre at Whittington Health NHS Trust

(HFEA Centre 0258, HFEA 9th Code of Practice)

Tel.: 020 7288 3776

Email: whh-tr.fertilityunit-whitthealth@nhs.net

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

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