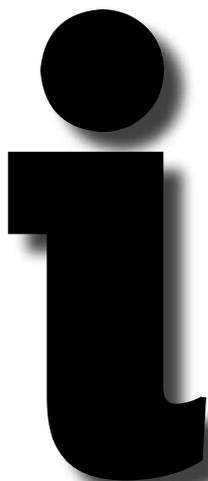


Herniogram (page 1 of 2)



What is a Herniogram?

This is a special X-ray to decide whether you have a hernia and if so, what type of hernia it is. A hernia is a rupture caused by a portion of tissue from the lining of the abdominal cavity breaking through a weakened area of the abdominal wall. It is not possible to see whether you have a hernia on an ordinary X-ray, so a liquid dye called contrast is used so that the hernia can be seen on X-ray.

What happens during the examination?

You will be asked to change into a hospital gown to make sure that no metal coins/objects are seen on the pictures, and once in the X-ray room you will lie on your back on the X-ray table.

The radiologist (X-ray doctor) will clean your abdomen with sterile liquid and inject some local anaesthetic, usually just below your bellybutton, to numb the skin. This only stings for a few minutes, then a very fine needle is slowly inserted into your abdomen. The doctor uses the X-ray machine to check exactly when the needle reaches the lining of your abdomen, and then injects X-ray dye - you will not feel the dye going in. The needle is taken out and you will be then asked to lie on your front.

How long will it take?

The procedure usually takes about 20 minutes.

Is there any special preparation?

There is no special preparation needed. You can continue to take any other medication as normal.

What if I'm pregnant?

This examination should not be for women who are pregnant. Please tell us if you think you are or might be pregnant.

What are the risks?

This is a safe procedure and we would not expect you to have any problems. In most cases there is just a dull ache at the place where the needle went in, lasting for a few hours after the examination.

If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customercare@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

Please complete The Friends & Family Test to tell us about your experience at: www.salisbury.nhs.uk/FriendsFamily or download our App from the Apple App store or Google Play Store.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

The following minor problems may occur:

- reaction to contrast (dye). Approximately 1 person in 100 may get itching, which may get better without treatment, or respond quickly to treatment
- you may get a little bleeding from the puncture site. A small dressing is all that should be needed to stop this
- a small number of people feel faint during the procedure. This usually settles quickly without the need for any treatment
- you may get some abdominal discomfort for 24 hours. This normally settles with mild painkillers.

More rarely the following more serious problems may occur:

- on rare occasions the needle can puncture the bowel. This is not usually noticed by the patient and does not give rise to any symptoms but could lead to infection. Extremely rarely it may be necessary to repair or remove the damaged area of bowel
- very rarely patients may have a severe reaction to the contrast (dye) that will require medical attention.

The radiation dose is about the same as the average person receives from background radiation over 8-10 months. Special precautions are taken to keep the radiation dose to a minimum.

What happens after the examination?

You will usually be able to return to your normal activities shortly after the procedure. You are also allowed to drive home afterwards.

How do I get the results?

The radiologist will send a written report to the doctor who referred you for the examination. The doctor should make arrangements for any follow-up you may need.