

Hycosy



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.

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A hystero salpingo contrast sonography (also called hycosy) is a simple and well tolerated outpatient ultrasound procedure used to assess the condition of fallopian tubes and detect abnormalities of the uterine cavity. The procedure can be performed until day 12 from the start of your period.

Before your appointment

It is essential you have a Chlamydia test before this procedure.

It is important to refrain from sexual intercourse (protected or unprotected) from the start of your period until the examination.

To book your hycosy appointment, please phone Central booking department at Salisbury district hospital on 01722345543

Please call on the first working day after your period has started.

What will happen?

The procedure first involves having a transvaginal ultrasound. This is a routine gynaecological procedure and is not painful.

A speculum is then inserted (as for a cervical smear test) and a small catheter (tube) is passed into the uterus through the cervix.

Under ultrasound guidance, a small amount of contrast fluid is passed through this catheter into the uterus. If the Fallopian tubes are open and unobstructed, the fluid will be seen passing through these tubes.

You may experience some discomfort like period pains at this stage. We would therefore recommend you take your usual pain killers half an hour before the procedure. The procedure takes about 30 minutes. You will receive results of this test on the same day.

Advice after hycosy

You may notice a clear liquid vaginal discharge - this is the contrast liquid used for the procedure and is harmless.

You may experience some lower abdominal discomfort like cramping. This should be relieved by paracetamol and should not last more than a day.

If you experience any of the following, please contact your GP:

- continuing lower abdominal discomfort or pain
- offensive vaginal discharge
- raised temperature - over 37.5°C.

This might mean that you have an infection and you might need antibiotics.