

## HYSTEOSALPINGOGRAM (HSG) INSTRUCTION SHEET

### What is an HSG?

The hysterosalpingogram (HSG) is an X-ray examination used to determine whether the fallopian tubes are open and if the inside of the uterus is normal. This information is important because at least one tube must be open to allow the sperm to travel to the egg and for the fertilized egg to travel to the uterus. The inside of the uterus must be normal for the fertilized egg to implant and develop normally. The test is done by inserting a small tube through the cervix so that dye can be introduced into the uterus. The dye is opaque on X-rays therefore it can be seen on the X-ray screen as it travels through the uterus and fallopian tubes. If an obstruction exists, its progress will be impeded.

### Risks

**Infection:** Bacteria normally present in the vagina or cervix may be transferred into the tubes and abdomen with the dye. Rarely, this may result in an infection that could damage the tubes. This is especially true if the tube has been infected previously (PID) even if that infection was treated. If infection should occur, treatment with antibiotics, either oral or intravenous, may be required. Please tell us if you have ever had a prior pelvic or tubal infection so that we can give antibiotics before the procedure.

**Bleeding:** While spotting is common, occasionally heavy bleeding may occur from the cervix or uterus after the procedure. Usually this is easily treated but requires examination with a speculum. Let us know right away if you think your bleeding is excessive.

**Allergic Reaction:** The dye used during the HSG contains iodine. Rarely, this can produce an allergic reaction in susceptible individuals. Please let us know if you have an allergy to either iodine, other X-ray contrast dye or shellfish.

### How to schedule your HSG:

Please call our office and schedule the HSG test based on the expected onset of menses or on Day 1 of your cycle (CD1). If you schedule the test in advance and your menses comes earlier or later than expected, please call and we will try to reschedule the test. This test can only be performed between CD 5 and 12. It must not be done while you are still bleeding (scant spotting is OK) or after ovulation. The Radiology department can only accommodate scheduling a new appointment within 1-2 weeks of the appointment time if we perform them between 7-8 AM on Mon-Fri. HSG appointments scheduled later in the day require at least 1 week advance notice.

### ON THE DAY OF YOUR APPOINTMENT:

- You may eat or drink as usual on the day of the procedure.
- To decrease discomfort, we recommend that you take 600-800 mg of ibuprofen (unless allergic) one hour before you are to report for the test.
- Plan to arrive at the radiology office 30 min. before your appointment time to complete the registration process. Bring your insurance card with you.

### What to expect during the HSG:

For the examination, your doctor will insert a speculum into your vagina in order to place a small tube into your cervix. The radio-opaque dye is instilled through this tube into the uterus. X-ray films will be taken as the dye flows through the uterus and fallopian tubes. The image is displayed on the screen during the procedure and you may be able to watch along with the doctor. When the tubes and uterus have been adequately seen, the instruments will be removed. An additional film may be taken up to 20 min. later.

Sometimes the HSG is uncomfortable. You may experience cramping and pelvic pain when the instruments are placed and again when the tubes are distended with dye. Some women also notice pain in the shoulders when the dye leaves the tubes. For most patients, the discomfort is minimal while for others, it is more severe. In either case, it lasts only a minute or two. The entire procedure should take no more than 10-15 minutes. We suggest that you take ibuprofen (if not allergic), 6-800 mg about 1 hour before the procedure. Rarely, light-headedness and/or nausea may occur during or immediately following the HSG. Usually, this resolves within minutes. If this occurs, you will be asked to remain lying down for 15-20 minutes after the procedure is concluded.



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### After the HSG:

You should feel well enough afterward to drive yourself home or back to work. You may resume normal activities right away. Expect to have scant vaginal spotting. A small amount of the clear dye may leak back out as well. But, if you develop any fever, unusual pain or heavy vaginal bleeding, call the office immediately for prompt evaluation.

### Results:

Your physician will give you a preliminary report at the time of your test but will not be able to offer a complete consultation. After a normal HSG, there is an increased chance of pregnancy for a few months so we sometimes recommend that no further testing or treatment be done during that period of time. If you would like to discuss your test results or treatment plan in more detail, please call the office to schedule a follow-up appointment with one of the physicians.

Appointment Date: \_\_\_\_\_

Time: \_\_\_\_\_

Location:  Evergreen Hospital Diagnostic Imaging  
1<sup>st</sup> floor, purple zone, DI registration

Northwest Hospital Diagnostic Imaging  
2<sup>nd</sup> floor, DI registration

Check in time: \_\_\_\_\_