

HyCoSy Scan



What is a HyCoSy scan?

HyCoSy is the abbreviation for hysterosalpingo-contrast sonography. This is a method of checking that your fallopian tubes aren't blocked or damaged using ultrasound and a micro bubble solution.

What does the procedure involve?

The procedure starts with a transvaginal (internal) scan to examine the womb and ovaries and carry out a count of the small antral follicles in each ovary which gives an estimate of a woman's egg reserve. If there are any abnormalities such as fibroids, polyps in the womb or cysts in the ovaries this will be explained to you.

The scan probe will be removed and a speculum (smear test instrument) inserted in the vagina and the cervix cleaned with saline. A small tube will be passed through the cervix and a small balloon inflated to hold it in place. This may cause you some period type pains.

The speculum will be removed and the scan probe re-inserted. The micro bubble solution will then be slowly injected and the scan probe used to visualise the fallopian tubes as the micro bubble solution passes down the tubes into the pelvis.

Some patients may also have a scan of the cavity of the womb using plain saline solution. Your doctor will explain this if it relevant to you.

Preparing for your HyCoSy scan

It is very important that you aren't pregnant when having your HyCoSy scan. For this reason, we ask you not to have intercourse from the first day of your period until after the HyCoSy scan. The test is usually carried out after your period has stopped but before you ovulate (usually days 5-10 of your cycle).

You will need to phone the clinic on 01392 40 5051 on day 1 of your period. Please leave a message including your name date of birth and hospital number if you are calling out of hours or at a weekend. A member of clinic staff will then contact you to arrange your appointment.

The procedure takes approximately 30 minutes but expect to be in the clinic for about an hour in total.

What happens after the procedure?

You will need to use a sanitary towel as it is normal to have some bleeding and discharge for a few hours after the scan. You will be given some time to rest after the procedure. You can return to normal activities as soon as any pain has settled. You will be given a verbal report of the result of the scan but the full details of the report will be discussed with you by your consultant either at a follow up appointment or by letter.

What are the risks with a HyCoSy scan?

Pain

The procedure is usually uncomfortable when the balloon is being inflated and when the micro bubble solution is being injected. For this reason, we suggest that you take some pain relief (e.g. paracetamol and/or ibuprofen) about 1 hour before the scan.

Infection

There is a very small risk of infection if your fallopian tubes are blocked or damaged. If we feel that you are at risk of infection, you will be given antibiotics.

Allergy

The micro bubble solution consists of glycerol, hydroxyethyl cellulose and purified water and allergic reactions are extremely rare. It is important that you let the doctor know if you have any allergies before the scan.

Fainting

A small number of patients will feel faint following a HyCoSy scan although it is rare to actually faint. This is why you will be given a short time to rest before leaving the clinic.

Important

This information leaflet is intended to be a general guide only. If you have any further question then please ask your fertility consultant.

For more answers to frequently asked questions, please visit our website www.fertilityexeter.co.uk



Feedback

Here at Fertility Exeter, we care about getting things right for our patients. As such we would welcome any feedback that you may have, to help us continually improve the services we provide. You can do this in a number of ways:



Patient Advice & Liaison Service (PALS)
Royal Devon and Exeter Hospital (Wonford)
Barrack Road
Exeter
EX2 5DW



Direct Dial: (01392) 402093



rduh.pals-eastern@nhs.net

You can also provide feedback about Fertility Exeter directly to the HFEA by using their online feedback tool:
<https://www.hfea.gov.uk/choose-a-clinic/rate-your-clinic/>

“What went well could go better if”

Please complete a yellow card, located in our waiting room, and put it in the box provided. The box is sorted weekly and suggestions are acted on accordingly.

Alternatively:

★ Complete our Patient Surveys on our website
www.fertilityexeter.co.uk

★ See our Patient Survey links in our emails.



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