

## Radiology Department

# Sinogram

You have been advised by your doctor to have a sinogram and you have been referred to the Radiology Department to have this examination. This information leaflet has been produced to give you general information and is intended to answer most of your questions.

This is not intended to replace the discussion between you and your consultant, but may act as a starting point for discussion. If after reading this information you still have concerns or require further explanation, please contact the Radiology team on the telephone number **02476 967115**.

Please read this leaflet carefully to ensure you successfully prepare for the examination.

Please contact the X-ray Department if your weight is equal to or more than 200kg (31 stone) as you may require an alternative examination.

### Points to remember

- Please bring any sprays or inhalers that you are taking with you to your appointment.
- If you are on medication from your doctor, please continue to take it as normal.
- Please leave any valuable possessions at home.



### What is a sinogram?

- A sinogram is a special X-ray examination to show the passage or 'track' of a sinus cavity in the body that opens out as a wound onto the skin surface. It is usually done to see why a wound will not heal.
- The examination will be performed by a radiologist (X-ray doctor) who may be assisted by a radiographer and a radiology department assistant.
- The procedure may take 15 to 30 minutes.

### Preparation

- There is no special preparation for this examination. You may eat and drink as normal
- If you normally use a stoma bag over the wound, please bring an extra one with you for use after the procedure
- You may wish to bring a small wash kit and towel with you for after the procedure

### Risks/benefits of the examination

It is possible that you may have an allergic reaction to the X-ray dye (contrast agent) used. You will be asked about allergies by the radiologist or radiographer at the time.

X-rays are a type of radiation. We are all exposed to natural background radiation every day of our lives. This comes from the sun, food we eat, and the ground. Exposure to X-rays carry a small risk, but your doctor feels that this risk is outweighed by the benefits of having the test. We will take all precautions to minimise the number of X-rays you receive.

### Safety

The contrast agent contains iodine and is excreted by the kidneys in your pee. Please inform the radiologist or radiographer:

- If you are allergic to iodine, have any other allergies or suffer from asthma.
- If you have reacted previously to the injection used for kidney X-rays and CT scanning.

## Patient Information

- If you are on renal dialysis or have any problems with your kidneys.

**Patients aged 12 to 55 years, could you be pregnant? The risks of radiation are slightly higher for the unborn child so you will be asked to confirm that you are not pregnant before the examination can proceed.**

## What will happen when I arrive?

- On arrival at the Radiology / X-ray Department, follow the signs for Route 2: Fluoroscopy and Intervention and report to the reception desk. You will be asked to change into a hospital X-ray gown. Please feel free to bring your own dressing gown to wear over the X-ray gown.

## During your examination

You will be taken into the X-ray room where the examination will be explained to you, and you can ask any questions that you may have.

## Sinogram:

- Your skin will be washed with antiseptic solution and a small catheter (plastic tube) is inserted gently into the opening of the sinus on the skin surface.
- A small amount of X-ray dye (a contrast agent, which is a colourless liquid that shows up on X-rays) is injected through the catheter into the sinus and X-rays will be taken to show where the contrast goes.
- When all the X-rays have been taken, the catheter will be removed and your skin will be covered with a sterile dressing, or the stoma bag will be replaced if you have brought one with you.

## After your examination

- Once the examination is finished you may go home or return to work
- If you have any problems after the examination, please see your GP

## How do I get the results?

The results will not be given to you immediately. They will be sent to the doctor who referred you to us for this examination.

## Other sources of information:

For general information about radiology departments visit the Royal College of Radiologists website: [www.goingfora.com](http://www.goingfora.com)

For information about the effects of X-rays read the NRPB publication: "X-rays- how safe are they?" on the Health Protection Agency website: [www.hpa.org.uk](http://www.hpa.org.uk)

Please note that the views expressed in these websites do not necessarily reflect the views of UHCW NHS Trust or the NHS.

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact the telephone number on your appointment letter or 02476 967161 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email [feedback@uhcw.nhs.uk](mailto:feedback@uhcw.nhs.uk)

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