

## Radiology Department

# Herniogram

### Introduction

You have been advised by your doctor to have a Herniogram and you have been referred to Radiology department to have this procedure. This leaflet will explain what the examination involves. It may not answer all your questions, so if you have any queries or concerns, please do not hesitate to call the telephone number on your appointment letter. If you feel unhappy with any part of your care within the x-ray department, please speak to a senior member of staff.

Please read this leaflet carefully to ensure you successfully prepare for the examination. You will need to begin your preparation the morning of your appointment.

Please inform us (on the number on your appointment letter) prior to your procedure if:

- You have allergies to contrast (X-ray dye)
- You are, or might be, pregnant
- You weigh more than 200kg (31 stone)

### Points to Remember

- Please bring any sprays or inhalers that you are taking with you to your appointment.
- If you are on aspirin or any other medication from your doctor, please continue to take it as normal.
- **If you are diabetic** and required to starve before the examination,



## Patient Information

you should have been given an early morning appointment. If this is not the case, please phone the number on your appointment letter to rearrange your appointment time. You should not take your morning insulin or tablets prior to the examination. Please bring your own insulin, and any instructions you have for taking it, with you to the hospital. You may also wish to bring a snack with you to eat after your examination

- Patients who are taking Warfarin or other blood thinning drugs (except aspirin) please contact your anti coagulation nurse specialist as soon as you get this letter – You may need a blood test to determine if you should alter or stop your treatment a few days before your appointment. Your anti-coagulation nurse specialist will advise you.
- We also ask you to leave any valuable possessions at home.

## What is a Herniogram?

A Herniogram is a special X-ray examination of the lining of the abdominal wall to detect abdominal hernias that you are not able to see or feel. These structures do not show up clearly on plain X-rays. The examination will be performed by a radiologist (X-ray doctor) who may be assisted by a radiographer and a radiology nurse or a radiology department assistant. The procedure may take between 15 to 30 minutes.

## Preparation

- Please do not eat or drink anything for 4 hours prior to your appointment.
- You will need an empty bladder at the start of the procedure

## Risks of the procedure

- It is possible that you may have an allergic reaction from the contrast agent used. You will be asked about allergies by the radiologist 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 carries a small risk, but your doctor feels that this risk is outweighed by the benefits of

## Patient Information

having the test. We will take all safeguards to minimise the amount of X-rays you receive.

## Safety

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

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

**Patients aged 12-55 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, please report to the reception desk where, once you have been registered, you will be directed to the reception waiting area. A member of staff will collect you and escort you to the Fluoroscopy changing rooms and waiting area.
- You will be asked to undress and put on an examination gown. Please feel free to bring your own dressing gown to wear over the X-ray gown.
- You will be asked to go to the toilet and empty your bladder.

## 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.

## Herniogram

- You will then be asked to lie down on the X-ray table.

## Patient Information

- The lower part of your abdomen will be cleaned with antiseptic fluid and a sterile towel used to cover the area.
- Ultrasound is used to guide the needle into the right place
- Local anaesthetic will be injected into your skin. This will sting to begin with but will soon go numb. A contrast medium (a colourless liquid that shows up on X-rays), will be injected into your abdomen.
- Following this the sterile towel will be removed, the table will be positioned so that you are nearly standing, and some X-rays taken to show the areas required.

## After your examination

- You will be allowed to get dressed
- You will be asked to wait in the changing area for 15 minutes before you go home. You will be offered a cup of tea or coffee to drink whilst you wait.
- You may feel some discomfort in the abdomen for a few hours after the procedure and are advised not to drive yourself home.
- 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 information about the effects of X rays and information about radiology departments visit the NHS website: <https://www.nhs.uk/conditions/x-ray/>.

Please note that the views expressed in this website do not necessarily reflect the views of UHCW NHS Trust.

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 and we will do our best to meet your needs.

## Patient Information

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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