

Centre for Reproductive Medicine

HyCoSy

Information for Patients

Definition:

This is an out-patient procedure to ensure that the fallopian tubes are in good condition. A dye is passed through the neck of the womb (cervix). Then a trans-vaginal ultrasound scan will be undertaken to assess the dye passage through the fallopian tubes.

Purpose:

This is part of the initial investigations of your fertility potential. It is thought to be a better alternative to hysterosalpingography which involves exposure to x-rays. It is also an alternative to the laparoscopy operation which is a more invasive test requiring a general anaesthetic.

Pre- assessment:

Within the last 12 months prior to the HyCoSy procedure, swabs should be collected from the uterine cervix and from the vagina to ensure that no infection is present in these areas.

If infection had been identified, it should be adequately treated before undertaking the HyCoSy procedure.

We will not be able to perform the HyCoSy if there is a possibility of vaginal or pelvic infection. It is our policy to test all patients for infection prior to the procedure.

Timing of the HyCoSy:

It is most important that you are NOT PREGNANT and not experiencing VAGINAL BLEEDING at the time of the HyCoSy test

Please follow these instructions:

- For the last **four weeks** before the HyCoSy procedure day; please, avoid pregnancy. This can be achieved by ensuring that you or your partner have used a contraceptive method such as a condom. Alternatively you may avoid sexual intercourse from the first day of your period during the menstrual cycle in which HyCoSy will be undertaken and until HyCoSy will be performed.
- If you experience irregular menstrual cycles as in PCOS or in similar conditions; please ensure that you or your partner are using a contraceptive method such as a condom or you may avoid sexual intercourse for the **four weeks** prior to the HyCoSy day.
- We cannot do the test if you are experiencing a menstruation (period) on the HyCoSy day
- We cannot do the test if you might be pregnant in the cycle in which HyCoSy will be undertaken
- Please, avoid using Clomid or any fertility drugs during the month and or the menstrual cycle in which you will have the HyCoSy

Preparation:

If you have a morning appointment, please ensure you have had a drink and breakfast. If your appointment is in the afternoon, please ensure that you have had lunch and fluids before your procedure.

Please take 400 mgs of Ibuprofen tablets or one gram of Paracetamol or two tablets of co-codamol tablets half to one hour before the procedure. This is providing that you are not allergic to these medicines and that you have used it in the past without experiencing major side effects.

Please bring a pair of slippers with you when you attend for the procedure. You may also wish to bring with you a sanitary towel.

Please take a bath or shower on the morning of the procedure.

It is advisable that you are on a low fibre diet two days prior to the procedure.

It may increase the chance of visualising the fallopian tubes using ultrasound scan if you can use over the counter laxative as Fybogel sachets or Senna tablets during the night before the HyCoSy procedure day.

Procedure: HyCoSy involves several steps:

- Passing a vaginal speculum as when you have a smear test taken
- Passing a relatively thin plastic tube through the cervical canal
- Undertaking a transvaginal ultrasound scan
- Passage of ultrasound opaque dye through the catheter

The procedure will last about 20 minutes. You are likely to experience cramps or period-like discomfort in the lower part of the abdomen both during and for a short while after the procedure. You do not need to have any specific time for rest afterwards. You must not try for a pregnancy during this cycle.

Please do not bring any children under the age of 18 with you on the HyCoSy day.

Risks and Complications:

- Inability to perform the HyCoSy due to development of significant pelvic pain, due to tight cervical canal or due to obscured view of the fallopian tubes as result of dilated bowel loops
- Rarely pelvic infection may develop following this procedure
- Rarely developing increasing abdominal and pelvic pain that warrants hospital admission for few hours
- Very rarely developing symptoms of hypersensitive reaction to the used dye

This test does not guarantee the state of your fallopian tubes. In particular cases laparoscopy operation will be recommended.

Results:

You will be informed of the HyCoSy result at the time of undertaking it. If remaining time may allow discussion of future treatment plans may take place. If necessary, a further follow up consultation appointment will be booked for you to discussion of your future treatment plans.

Summary - HyCoSy Dos and Don'ts

DO

- Have swabs taken – please treat any infection if indicated to do so.
- Inform CRM if your period is expected or you are on your period for the HyCoSy Procedure.
- Have protected intercourse (i.e. use a condom) during the cycle that your procedure is planned.
- Take painkillers 30 minutes before the procedure.
- Have a bath/shower on the morning of your HyCoSy.
- Read the HyCoSy leaflet given to you at your clinic appointment.

DON'T

- Don't ignore infection treatment.
- Do not have unprotected intercourse.
- Come to your HyCoSy appointment if you are on your period – please call reception to re-arrange.

If you have been offered a short notice appointment or cancellation for HyCoSy, please ensure that you have followed all of the above.

If you require any further information please contact us on 024 76968879.

The Trust has access to interpreting and translation services. If you need this information in another language, please contact the Quality Manager on (024) 76968864, and we will do our best to accommodate your needs. The Trust operates a smoke free policy.

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