



Information for  
patients and  
carers

HyCoSy

## What is a HyCoSy?

HyCoSy is short for Hysterosalpingo Contrast Sonography. This is a technique used to see if your fallopian tubes are open. It is performed in the ultrasound department. It does not involve x-rays.

## What will happen during the scan?

First a transvaginal (internal) ultrasound scan is performed to check the pelvic organs. Then a speculum is inserted into the vagina and a catheter passed through the cervix (neck of the womb). A special dye can then be put through this catheter. The ultrasound observes this dye move through your uterus and into your fallopian tubes (fill). If the tubes are open then the dye will be seen spilling into the abdomen (spill). If fill and spill are seen the fallopian tubes are considered to have normal patency (are open). This will be fed back to the doctor who referred you to have the test.

## Timing of the scan

The test can only be carried out between the 7<sup>th</sup> and 13<sup>th</sup> day of your menstrual cycle.

Day 1 is the first day of bleeding.

You will be contacted by the scan department, by letter, asking you to telephone on the first day of your period, they will then schedule your scan accordingly.

## What do you need to do to prepare?

- Abstain from sexual intercourse between the first day of your period and your appointment date
- On the day of your scan please take pain relief at least one hour before your appointment. For example, paracetamol and/or ibuprofen depending on whether you have allergies
- You do not need to fill your bladder

## On the day of your scan

- Before your scan you will be asked to empty your bladder and change into a hospital gown
- Please inform the ultrasonographer looking after you if you have any allergies including a latex allergy
- Once the scan has been completed you will be asked to stay for 20 minutes at which point drinks will be available

## Side effects and risks

This procedure does not usually have any complications. However, all procedures are associated with risk and side effects.

Minor risks – for up to two hours following the procedure

- Vaginal spotting (light bleeding)
- Mild to moderate period type pain
- Nausea, vomiting, dizziness, feeling faint and sweating

Major risks – these are rare

- Uterine perforation (hole in the uterus)
- Infection – please see your GP if you develop discharge post procedure
- Allergic reaction to the dye

This procedure should not be carried out if you have galactosaemia, pelvic inflammatory disease, cardiac problems or if you are pregnant.

## Contact information

Should you require further advice or information please contact:  
Ultrasound appointments: 01772 524616.

## Sources of further information

[www.lancsteachinghospitals.nhs.uk](http://www.lancsteachinghospitals.nhs.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.patient.co.uk](http://www.patient.co.uk)

[www.accessable.co.uk](http://www.accessable.co.uk)

All our patient information leaflets are available on our website for patients to access and download:

[www.lancsteachinghospitals.nhs.uk/patient-information-leaflets](http://www.lancsteachinghospitals.nhs.uk/patient-information-leaflets)

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If you want to stop smoking you can also contact the Quit Squad Freephone 0800 328 6297.

Please ask if you would like help in understanding this information. This information can be made available in large print and in other languages.

**Cantonese:**

如果你希望以另外一種格式接收該資訊，請和我們聯絡，不必猶豫。

**Gujarati:**

જો તમને આ માહિતી બીજી રચના કે ફોર્મેટમાં મેળવવાની ઇચ્છા હોય, તો કૃપા કરી અમારો સંપર્ક કરતા અચકાશો નહિ.

**Hungarian:**

Kérjük, vegye fel velünk a kapcsolatot, ha más formában kéri ezt az információt.

**Polish:**

Jeżeli chciał(a)by Pan/Pani otrzymać niniejsze informacje w innym formacie, prosimy o kontakt.

**Punjabi:**

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਫਾਰਮੈਟ ਵਿਚ ਇਹ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ ਤਾਂ ਸਾਡੇ ਨਾਲ ਸੰਪਰਕ ਕਰਨ ਤੋਂ ਨਾ ਝਿਜਕੋ।

**Urdu:**

اگر آپ اس معلومات کو کسی اور صورت میں حاصل کرنا چاہتے ہیں تو برائے مہربانی ہم سے رابطہ کرنے میں ہچکچاہٹ محسوس نہ کریں۔

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