



Hysterosalpingogram (HSG)

What is a hysterosalpingogram (HSG)?

A hysterosalpingogram (HSG) is a radiographic (x-ray) procedure that allows for the evaluation of female reproductive anatomy (interior of the uterus and fallopian tubes). The cervix, uterine cavity, and the inside of the fallopian tubes can be seen. Abnormalities of the uterus, including congenital anomalies, scarring, and masses are identifiable. Patency of the tubes and their normalcy can be noted. HSGs do not provide information about the outside of the tubes, endometriosis, or about the surrounding structures. Therefore, endometriosis and pelvic adhesions will not be detected by HSG. There is some evidence that HSGs may increase conception rates during the several months post HSG.

How is the hysterosalpingogram done?

You will be asked to undress from the waist down and will have a sheet to wrap around you. You will be positioned under a fluoroscope (a real-time x-ray imager) on a table. The provider then examines your uterus and places a speculum in the vagina. The provider will clean the cervix and a cannula is placed into the opening of the cervix. The provider then gently fills the uterus with a liquid, containing iodine, through the cannula. The contrast then enters the uterus and into the fallopian tubes. The provider will visualize the direction of the dye on a monitor to determine if the tubes are occluded. The provider will be taking images while the doctor is injecting the dye.

You will likely have a thick discharge as some of the dye drains out of the uterus. Use pads, not tampons, until the discharge is gone. Some spotting is normal following this test. If you experience heavy bleeding (more than a pad an hour for two hours), call your doctor's office. A pad will be provided to you. After the HSG, a patient can immediately resume normal activities. For a few hours you may feel some cramping. This can be relieved with over-the-counter pain medications (Ibuprofen).

Is it uncomfortable?

A HSG usually causes mild to moderate uterine cramping for a few minutes; however, some women may experience cramps for several hours. The symptoms can be greatly reduced by taking over-the-counter pain medications.

SCREENING FOR THE TEST

Please call the office if you answer yes to any of the following questions:

- Do you have asthma requiring an inhaler?
- Do you have severe medication allergies?
- Do you have an iodine or a shellfish allergy?
- Do you have multiple food allergies?

If you answer yes to any of these questions, please call the office for a medication regime that will decrease your risk of an allergic reaction.

1. Prednisone 40 mg - 1 tablet 16 hours, 8 hours and 2 hours BEFORE the HSG x-ray procedure.
2. Cimetidine (Tagamet) 300 mg ---take 1 hour prior to HSG x-ray procedure.
3. Zyrtec 10 mg ---take 1 hour prior to HSG x-ray procedure.

Scheduling

1. Please call with the first day of your period and let us know that you need to schedule an HSG. If your period starts over a weekend, call our office on Monday morning. If there is any doubt about the normalcy of your period, please notify our office.