

Hysterosalpingogram (HSG)

Gynaecology

You will soon have an appointment for a hysterosalpingogram (HSG). This appointment does not take place at our own clinic, but in another hospital. In this leaflet you can read more about an HSG and what you can expect.

What is an HSG?

An HSG is an X-ray examination of the womb and the fallopian tubes. With this test we check whether the fallopian tubes are open and whether the inside of the womb looks normal.

Before the examination

You will receive a prescription for a painkiller (Naproxen® 500 mg). Take this at least one hour before the examination.

You do not need to fast for the examination. We advise you to eat well beforehand. Please tell us if you have any allergies or sensitivities. We also advise you to bring someone with you to the appointment, because you may have some stomach pain afterwards.

Always tell the doctor if you:

- Have symptoms of the genital area, such as more discharge, pain, or itching
- Have a fever above 38 degrees or stomach pain
- Think you may be pregnant
- Have an allergy to iodine or iodine-based contrast fluid
- Have a thyroid condition

Planning the examination

The examination can only take place during a certain part of the menstrual cycle: after your period, but before ovulation. This means the examination should preferably be done before day 10 of your cycle.

That is why you should call the clinic on the first, second, or third day of your period to make an appointment. Sometimes, after discussing it with you, the appointment may be later in your cycle. In that case, make sure you use condoms if you have penis-in-vagina sex.

The examination

The examination is performed by a gynaecologist, together with a radiologist and a radiology assistant.

You sit in the examination chair. The gynaecologist places a speculum in the vagina and cleans the cervix. The cervix is then held in place with a small instrument. You may feel this briefly as a small pinch.

Next, a thin tube (catheter) is placed into the womb. Sometimes the doctor chooses to attach a small plastic cup to the cervix with suction. This may feel like a strong menstrual cramp. When the tube or the cup is in the right position, the speculum is removed and you can relax your legs.

Then the radiologist comes in to take the X-ray images. The gynaecologist slowly injects contrast fluid through the tube into the womb. While the fluid is being injected, several X-ray images are taken. In this

way we can see how the fluid flows through the womb, into the fallopian tubes, and then into the abdominal cavity. You may watch the monitor if you like.

The examination can be painful, similar to strong menstrual cramps. This pain usually goes away quickly. After the examination, the gynaecologist removes the instruments. You will receive a washcloth and towel to freshen up.

Duration of the examination

The examination takes 10 to 15 minutes, including preparation time.

After the examination

For a few days you may have light stomach pain, similar to menstrual pain. You may also have some discharge or slight bleeding. This is normal. You may take a painkiller if needed, for example paracetamol. The next day you can usually return to your normal activities.

Possible complications and side effects

Complications are rare, but it is important that you know what to look out for.

Infection

Pay attention to the following symptoms, because they may be signs of an infection:

- Fever above 38°C
- Increasing stomach pain
- Abnormal vaginal discharge

If you develop any of these symptoms, contact your doctor or the clinic.

An allergic reaction to the contrast fluid

An allergic reaction is very rare and can only happen during the examination. You may notice:

- Feeling light-headed or fainting briefly
- Skin rash

The doctor is prepared for this and can act immediately if needed.

Your appointment

Please note: your appointment does not take place at DC Klinieken, but at the Amstelland Hospital. When you enter the Amstelland Hospital, first go to the registration desk. There you will be registered. Bring your health insurance card and ID. After registration, you will be directed to the Radiology Department.

Because registration can take some extra time, we advise you to arrive a bit earlier so you do not have to rush and can be on time for your examination.

Information Amstelland Hospital

Polyclinic Gynaecology/Obstetrics
Laan van de Helende Meesters 8
1186 AM Amstelveen
Tel: 020 755 7000

The results

After the examination at the Amstelland Hospital, the results will be given to you. You pass these results on to the clinic. After that, you can make an appointment to discuss the results and the next steps with your doctor.

Emergency after visiting DC Klinieken

In case of an emergency, call: 088 0100 998.

Insurance

DC Klinieken has contracts with all health insurers. This means that almost all care is reimbursed, just like in the hospital. You do need a referral from your (general) doctor. Please be aware of your own deductible. More information about reimbursements and possible exceptions can be found at: www.dcklinieken.nl/vergoedingen.

Questions

For more information and answers to frequently asked questions, go to: www.dcklinieken.nl/contact or contact our Service and Information Centre at 088 0100 900.