



Sonohysterogram and HyCoSy



HyCoSy stands for Hystero-salpingo Contrast Sonography. A test for tubal patency simply means testing the fallopian tubes for blockages. This is done as an outpatient ultrasound technique to visualise the flow through the fallopian tubes and determine flow from the uterus to both ovaries. No radiation or iodinated contrast material is used for a HyCoSy test.

A sonohysterogram is part of the HyCoSy procedure or can be performed independently to distend the uterus with saline and check the cavity for any concerns. This technique along with transvaginal ultrasound, is an essential screening test for tubal patency in the investigation of infertility.

Here at the Centre for Women's Ultrasound, we provide a full pelvic ultrasound including imaging of the uterus and ovaries as well as identify any pathology in the pelvis prior to proceeding with the Sonohysterogram or HyCoSy. This special test is required to investigate for fertility as the examination of the fallopian tubes is not possible with general pelvic ultrasound.

Why should you have the Sonohysterogram or HyCoSy procedure at Centre for Women's Ultrasound?

Centre for Women's Ultrasound is a leading centre for HyCoSy procedure in the Western Sydney, Southwest Sydney and Hills District since 2009. Our state-of-the-art ultrasound equipment and experienced female staff are available to organise the HyCoSy test for you in a safe and private environment.

A/Prof. Indika Alahakoon has performed over 4000 Sonohysterogram /HyCoSy procedures in the last 15 years at Centre for Women's Ultrasound and is well experienced in performing this procedure.

Who should have a HyCoSy Procedure?

If you and your partner have been trying to conceive without success, a HyCoSy procedure can help assess the health of your fallopian tubes. It is especially recommended for women who may have:

- Difficulty falling pregnant
- Planning pregnancy at an advanced maternal age
- Blocked or damaged fallopian tubes.
- Unexplained infertility.
- A history of pelvic infections.
- History of endometriosis
- Previous ectopic pregnancy



How and when should I book it?

To schedule your HyCoSy procedure, contact our fertility clinic and request a consultation. Our friendly staff will assist you in finding a suitable date and time for your procedure. It's best to book your HyCoSy within the first 12 days of your menstrual cycle, counting from the first day of your period. A booking is usually provided from Day 5-12 of your cycle. If you have irregular periods, please inform our staff and we can work out a suitable time for your test. In this situation, we will require a pregnancy test to be performed prior to the test.

Do I need a referral?

In most cases, you will need a referral from your primary care physician or gynecologist to undergo a HyCoSy procedure. This ensures that the procedure is appropriate for your specific situation and allows for coordinated care between providers. The referral also enables us to submit your Medicare refund for the procedure.

What should I bring to the appointment?

Please bring with you: The referral from your Doctor Your Medicare card Any previous scans or reports relating to this procedure (if performed elsewhere).

Please arrive 10 minutes prior to your scan time. This will provide enough time to register you and give you time to read through the consent form prior to signing this form and going in for the procedure. We can accommodate 1 visitor for this procedure. As this is a personalised transvaginal procedure, we recommend that you do not bring children along to this appointment.

What is the cost of the procedure at CFWU?

The cost of the HyCoSy is \$550.00, Sonohysterogram \$490. There will be a Medicare rebate. The charges are payable on the day of your appointment. This cost covers the inclusion of a pelvic scan before performing procedure, including the medical supplies to be used and doctor performing procedure on the day of your appointment.

How should I prepare for the HyCoSy procedure?

To prepare for your HyCoSy procedure, follow these steps

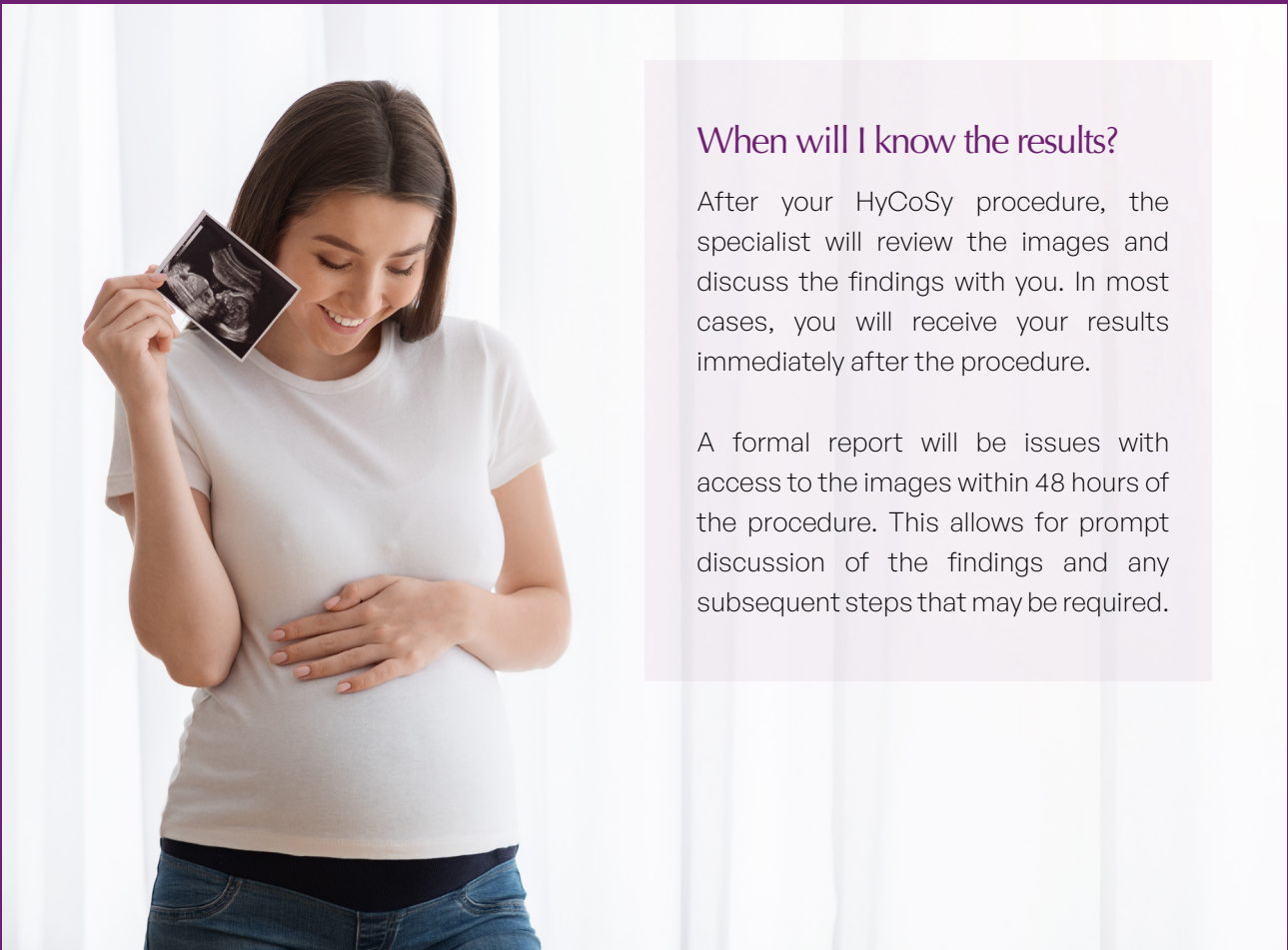
- Schedule the procedure within the first eleven days of your menstrual cycle, starting from the first day of your period.
- Refrain from sexual intercourse from Day 5 of your period until after the procedure.
- Inform your doctor if you have any allergies, particularly to medications.
- Take 2 Neurofen tablets 1 hour before the procedure. If you are allergic to Neurofen, Panadol 2 tablets is an alternative but not as effective.
- Empty bladder 1 hour before the appointment and drink one glass of water approximately 500ml. Do not empty bladder till instructed by the sonographer.
- Arrange for someone to accompany you to and from the clinic, as you may experience mild cramping or discomfort after the procedure.

What is involved with the procedure?

It is a simple and safe fertility test that involves the following steps:

- A transvaginal ultrasound will be performed first to identify the structure of the uterus and ovaries as well as look for any concerning features such as dilated fallopian tubes, obvious signs of endometriosis or collections of fluid in the pelvic cavity.
- To begin the test, a speculum is gently inserted into your vagina to visualize the cervix, similar to a pap smear test.
- A thin catheter is then threaded through the cervix and into the uterus, with a small balloon attached to the end which will be slowly enlarged to prevent any fluid leaking out of the cervix.
- The speculum will then be removed and the transvaginal ultrasound scan will resume, which will enable us to obtain a visual of the uterus.
- A small amount of contrast dye or aeriated saline is injected into the uterus through the catheter.
- The fluid fills the uterus and flows through the fallopian tubes.
- Ultrasound imaging is used to observe the expansion of the uterine cavity and flow of the dye, allowing the specialist to assess the condition of the tubes and the uterine cavity.
- Saline will then be introduced into the cavity. During this part of the test problems such as polyps, submucous fibroids and uterine abnormalities may be identified. This part is called the sonohysterogram.
- The saline will be infused into and observed to flow along the fallopian tubes. The bright echoes generated by air microbubbles in saline and colour Doppler imaging are used to confirm tubal patency. Patency is confirmed if this solution flows through the fallopian tubes, travelling to the area surrounding the ovaries.

Some parts of this procedure can cause slight discomfort. Your practitioner at Centre for Women's Ultrasound will ensure that you are as comfortable as possible during this procedure. Please ensure you have taken Ibuprofen 2 tablets one hour prior to your procedure time, to aid in pain relief and reduce cramping. A few patients experience pelvic pain despite the pain relief and rarely a vasovagal response occurs with fainting.



When will I know the results?

After your HyCoSy procedure, the specialist will review the images and discuss the findings with you. In most cases, you will receive your results immediately after the procedure.

A formal report will be issued with access to the images within 48 hours of the procedure. This allows for prompt discussion of the findings and any subsequent steps that may be required.

What if the fallopian tubes are not demonstrated during the test?

Sometimes, the flow of saline is not able to be demonstrated through the test. This does not mean that the tubes are completely blocked and may be due to:

- Spasm of the uterus at the time of procedure, which temporarily blocks the flow of fluid from the uterus into the tube
- Permanent tubal occlusion
- Technical factors that make it not possible to see the tubes during the ultrasound, such as uterine fibroids, size of the patient abdomen, and bowel shadowing in the pelvis.
- If the tubes cannot be demonstrated during the HyCoSy procedure, you may need to have further investigations or procedures such as laparoscopy to confirm whether they are blocked.



What are the post-procedure instructions?

- Following your HyCoSy procedure, it is common to experience some mild cramping, vaginal spotting, or discharge to occur for 24 hours after the procedure. To manage any discomfort, you may take over-the-counter pain relievers as recommended by your healthcare provider.
- We advise that tampons are not used immediately following the test but can be used as normal during your next period. You can resume sexual intercourse as soon as you feel comfortable. If you have any concerns about your recovery or experience any unusual symptoms such as pain, fever or heavy bleeding, do not hesitate to contact our clinic for guidance and support. Antibiotics are otherwise not routinely given during this test, unless there is a history of pelvic infection or other special circumstances. Infection is rare <1:100 cases.
- You will need to wear a sanitary pad as there will be some discharge for the rest of the day. You should be able to drive and resume normal daily activities after the test. Occasionally women have more severe pain for a few hours, and do not feel up to driving or returning to work. If you are concerned about how you will feel after the test, you may consider having a friend drive you home, or having the day off work. You can eat and drink normally after the procedure.

The HyCoSy procedure is a valuable tool in determining the health of your fallopian tubes and can provide valuable insights into your fertility journey. Our experienced team is here to guide you through the process and answer any questions you may have. Contact us today to schedule your HyCoSy procedure or consultation.

Contact Us

If you have any further questions or concerns, please contact the Centre for Women's Ultrasound at:

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