



HYSTEROSALPINGO CONTRAST SONOGRAPHY (HY-CO-SY)

Thank you for making a Hysterosalpingo (HyCosy) procedure appointment at Sydney Ultrasound for Women. Please allow at least 45 minutes for this 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)

The cost of this procedure is **\$530.00** and is payable on the day of your appointment. Payment can be made by:

- + Eftpos
- + Credit card – Visa or MasterCard only
- + Cash

This cost covers the inclusion of a pelvic scan before performing HyCosy procedure, including the medical supplies to be used and doctor performing procedure on the day of your appointment.

As this procedure is performed to investigate infertility please attend between days 6-12 of your cycle (the first day of your current menstrual period is day 1). **Please abstain from vaginal sexual intercourse for 5 days prior to your appointment.**

For this procedure we suggest that you wear comfortable clothing that is easy to remove.

The Day of Your Hy-Co-Sy

**** Please note: We use only a mixture of air and saline (sterilised salt water) for HyCosy procedure and not Levovist (contrast agent) ****

Below is some helpful information of what generally occurs on the day of your HyCo-Sy. It is hoped this information will make the day a more pleasant experience.

The HyCoSy procedure is performed between day 6 & 12 of the menstrual cycle (no spotting or bleeding).

If there is a possibility you are pregnant, you have not had regular monthly periods or your appointment is scheduled after day 12 you will need to perform a urine pregnancy test the morning of your appointment (at home prior to attending your appointment).

On arrival, the receptionist will greet you and ask your name and for the original referral that your doctor gave you. The referral will allow you to claim from Medicare and the notes will advise us what particular service is to be provided.

Other details will be verified such as your date of birth, address, Medicare number and contact details to make sure we use the correct file. We have many ladies with similar names and the same birth dates so we need to be sure we have the correct file.

You will be asked to take a seat and depending on the day you should be seen close to your appointed time. Some days, we may be running behind due to previous complications where extra time is taken for those patients with serious medical conditions. If you are uncomfortable as a result of full bladder, please feel free to visit the ladies toilet and empty enough in order to feel comfortable. If unsure, please speak to our staff.

A sonographer (person that performs the scan) will call your name and will verify your personal details again to make sure we



have the correct person. Once in the room you should see your name on the screen on the wall and you should check your last name is correct. The sonographer will also ask personal health questions to gain an understanding of your history to assist in scanning.

This procedure will be internal or transvaginal. There may be some discomfort, but this varies from person to person. If you are concerned this may apply to you please discuss pain relief with the staff. You may be asked to wear a gown/covered by a sheet and remove some clothing. This will be done in privacy. Please see below for suggestions on what to wear.

Once you're OK to proceed, one of our medical specialists will perform the Hy-Co-Sy. Details of this procedure can be found at the end of this section. The doctor will provide some feedback to you but they will also be focused on performing the procedure.

Depending on the degree of difficulty, the doctor may be quietly focused so please don't be offended if they appear pre-occupied at some point.

At the end of the procedure and after you have dressed, the sonographer will burn a CD of the images taken for your medical records. Unfortunately, personal recordings are not permitted within the rooms.

You will be taken to reception to finalise the account and the receptionist will make sure you have all the necessary documents.

What Time should I Arrive?

Please arrive 10 minutes prior to your scan time. This will provide enough time to register you. If you are running late please call the location where you have the booking to let them know. Depending on other bookings we may hold the space for you or we may need to re-schedule on either the same day or another day.

Who should come with me?

Your partner and other friends are welcome to attend, but there are several issues to be considered. This scan is transvaginal and perhaps it may not be appropriate for certain visitors to witness this. Also personal health questions may be asked that you may prefer to remain private. We can accommodate 1 visitor for this procedure.

As this is an invasive procedure, we recommend that you do not bring children along to this appointment. If this cannot be avoided, children under the age of 16 years must be supervised in the waiting room by another adult who is attending with you due to legal requirements.

Remember the day should be all about you and you need to feel comfortable and relaxed as this produces the best images.

What should I wear?

Considering the scan requires a probe to be placed against your skin around the lower parts of your body then appropriate clothing would assist you and the sonographer and would save some embarrassment for visitors.

Try to avoid wearing panty hose, tights, close fitting pants, jeans and tops.

Perhaps a loose fitting dress or loose fitting pants would be comfortable.

For more information on this and other services please go to our website www.sufw.com.au and click on 'Services' tab.

Our sonographers welcome any questions you may
have about your ultrasound examination



The causes of infertility

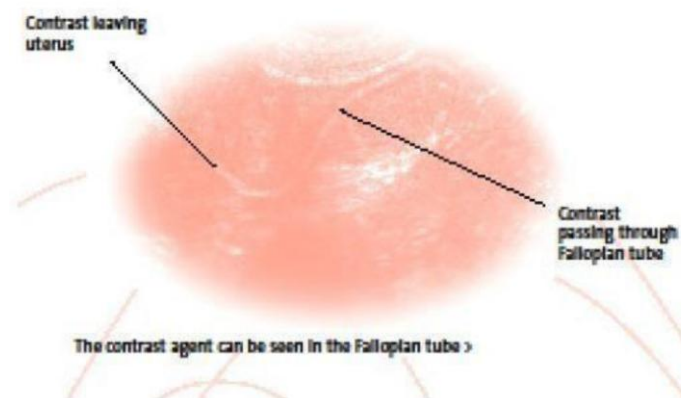
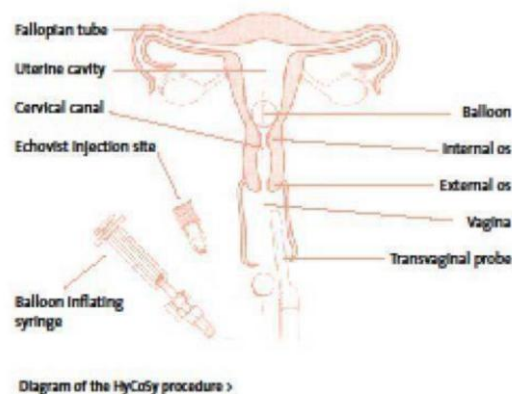
Infertility affects up to 10% of couples in Western World and 20-40% of these cases may be due to previous abdominal surgery or infection of the fallopian tube.

Management of tubal disease

The management of patients with tubal (Fallopian) disease as a cause of Infertility has changed dramatically in recent years. This is largely due to the rapidly improving results of assisted conception through in-vitro fertilisation (IVF) compared to the disappointing results achieved through tubal microsurgery.

The function of the Fallopian tube

The ovary produces the egg and it needs to meet the sperm if pregnancy is to eventuate. After fertilisation occurs, the embryo must progress to the uterine cavity, where it implants. If the tube is blocked, then the egg and sperm will not meet. If the embryo after fertilization, does not pass through the tube at the normal rate, then it can implant in the fallopian tube. This is called an ectopic pregnancy.



History

Prior to the development of HyCoSy, routine investigation of tubal patency (whether the tubes are blocked or clear) through hysterosal pingography (HSG) and laparoscopy with dye was expensive, time consuming and unpleasant for the patient as these involved the use of surgery, general anaesthesia, hospitalisation as well as ionizing radiation.



HyCoSy explained

Hysterosalpingo-contrast-sonography (HyCoSy) is a transvaginal ultrasound technique in which an ultrasound contrast agent or a mixture of air and saline is infused into the uterine cavity and observed to flow along the Fallopian tubes to assess tubal patency. The bright echoes generated by the contrast agent makes tubal visualisation easier, which is further improved by the addition of colour Doppler Imaging.

Why HyCoSy?

In recent years, HyCoSy has increasingly been used in preference to hysterosalpingography (HSG) and laparoscopy as a first line investigation for infertility because of its convenience and safety. HyCoSy also allows examination of the other pelvic organs and because it is a dynamic study and can give valuable information regarding tubal function.

When it should be done?

If there is a chance of pregnancy, the procedure should be performed in the first 10 days of menstrual cycle. This avoids the chance of the HyCoSy interfering with implantation of the embryo. This test should not be performed during pregnancy.

Is there any discomfort?

There can be mild discomfort associated with this procedure, particularly if the Fallopian tubes are blocked. Taking an analgesic such as Naprogesic (two tablets) half an hour before the procedure is recommended. A few patients experience pelvic pain despite the analgesic, but this is usually subsides with time. Rarely a vasovagal response occurs with fainting.

Summary

HyCoSy provides a low-risk, outpatient procedure that is now the accepted standard, indicating which direction further diagnosis and treatment of infertility should take. This technique along with transvaginal ultrasound, is an ideal screening test for tubal patency in the investigation of infertility.