

About Your Hysterosalpingogram

How to prepare and what to expect

This handout is for patients who are having a hysterosalpingogram exam. It explains how to prepare and what to expect.



Scan with your phone camera for a digital copy of this handout.

What is a hysterosalpingogram?

A *hysterosalpingogram* (HSG) is an X-ray exam. It helps your doctor see the inside of your uterus and whether your fallopian tubes are open. This exam is usually done after your menstrual period ends, but before you start ovulating.

How do I prepare?

- Based on your health history, your Center for Reproductive Health and Fertility (CRHF) provider will decide if you need a *prophylactic antibiotic* (medicine taken before a procedure to prevent infection). If needed, we will order the medicine for you.
- Before you have your HSG, we will make sure you have been tested recently for chlamydia and gonorrhea (2 diseases transmitted by sexual contact).
- Please take 600 mg of ibuprofen (Advil, Motrin) 1 hour before your exam. This will help with cramping you may have during the exam.



Talk with your healthcare provider if you have any questions or concerns about your procedure.

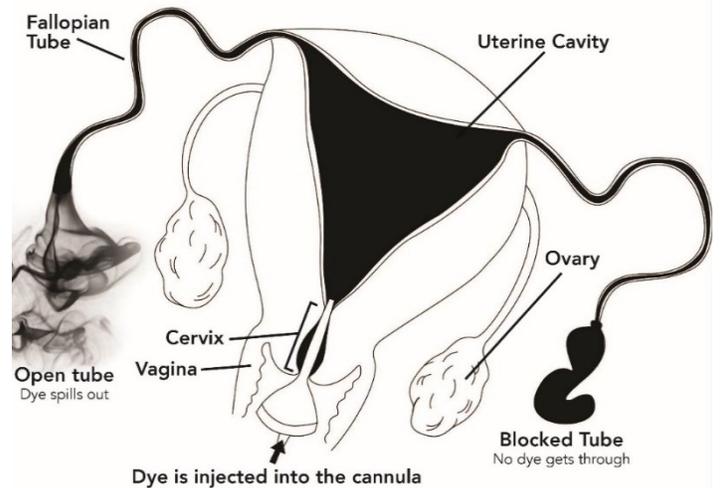
What to Expect

Before Your Exam

- Please check in at the CRHF clinic. Our clinic is on the 3rd floor of the UWMC-Roosevelt building, at 4245 Roosevelt Way N.E., Seattle, 98105.
- We will give you a urine pregnancy test and take your blood pressure and pulse.
- You will then check in at the Radiology department on the 2nd floor. We will ask you to change into a hospital gown.
- You will be in the Radiology department for about 30 minutes.
- Your HSG will be done by a CRHF provider.

How is the exam done?

- We will ask you to lie down on an exam table. An X-ray machine called a *fluoroscope* will be above you.
- Your provider will:
 - Use a device called a *speculum* to see your cervix.
 - Gently place a catheter (thin tube) in the opening of your cervix.
 - Inject *contrast* (X-ray dye) into the tube.
- The contrast will move through your uterus and into your fallopian tubes. It will spill out the end of your fallopian tubes if they are open. X-ray images will show where the contrast is moving.



After Your Exam

- After your exam, your provider will talk with you about your results.
- You may feel light-headed during the exam or for a short time after.
- You may have spotting 1 to 2 days after the exam.
- Most patients go back to their normal activities right after the exam.

What are the risks of an HSG?

- For most patients, an HSG is safe. There is a small risk of having an allergic reaction to the contrast, getting a pelvic infection, or fainting after the exam.
- Your exposure to radiation during an HSG is very low.
- Most patients will have mild to moderate cramping during an HSG. Taking ibuprofen before your exam (see page 1) can help reduce your discomfort.

When to Call

Call us **right away** at 206.598.4225 if you have:

- Heavy bleeding (soaking more than 1 pad or tampon in 1 hour) or bleeding that lasts longer than 4 days
- A fever of 100.5°F (38°C) or higher
- Bad belly pain

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

Center for Reproductive Health and Fertility:

Weekdays between 8 am – 5 pm:
Call 206.598.4225

After hours, weekends, and holidays:
Call 206.598.6190 and ask to page the CRHF provider on call.

Website:

uwmedicine.org/specialties/obstetrics-gynecology/fertility-care