

# HyFoSy

## What is HyFoSy?

A HyFoSy is a vaginal (internal) ultrasound scan to show your fallopian tubes. Fallopian tubes aren't usually visible on an ultrasound scan but are visible if a contrast solution of sterile water and sterile inert gel, mixed together to create foamy liquid reflects the ultrasound beam. You are awake and don't need any anaesthetic during the procedure.

## How to book your appointment:

- On the first day of your next period ring **0118 322 8785** and ask for a HyFoSy scan.
- You need to **abstain from sexual intercourse from the first day of your period to the date of your HyFoSy appointment.**
- You can usually, but not always have your HyFoSy the first month you ring.
- You can drive to and from this appointment.
- You do not have to be accompanied by someone for this procedure.
- You may return to work later that day.

## What does it involve?

- First you have an abdominal scan and then a vaginal scan to check there isn't any reason why you can't have the procedure.
- A speculum (an instrument to open your vagina) is inserted into your vagina, as for a smear test, and your cervix (neck of your womb) cleaned with antiseptic solution. A fine catheter (tube) is passed through your cervix into your uterus, ready for the foamy solution.
- The speculum is removed and the solution is prepared and then passed through the catheter while a vaginal scan is performed. The foamy solution shows bright white on the screen, first filling your uterus, then showing as fine lines as it flows through your tubes, showing their patency.
- You may experience some period like pain during the procedure, this is usually short lasting. If this concerns you please take your usual headache tablets 30 minutes before.

### What happens afterwards?

A HyFoSy appointment takes about half an hour from start to finish. Afterwards you can go home straightaway.

You may have a small amount of blood stained discharge for one to two days after the procedure – use pads, not tampons, for this.

You can continue to conceive as normal after the test has been completed

### When will I know the results?

You will be told the results at the time of the procedure but you need to make a follow-up appointment in the clinic to discuss the results.

### You should not have a HyFoSy if:

- You suspect you are pregnant, so abstain from sexual intercourse from the first day of your period until the HyFoSy appointment.
- You have any signs of a pelvic infection.
- If the abdominal or vaginal scans show something that is best investigated at a laparoscopy and dye.
- In case of any such findings we don't go ahead with your HyFoSy but make you a follow-up appointment.

### Is there anything else I should know?

- No tubal check is 100% accurate at showing patent tubes. A HyFoSy is less effective than a lap and dye for showing that tubes are patent. It will wrongly suggest that the tubes are blocked in 5 out of every 100 women with patent tubes (5%).
- The risk of Infections is a very low after this procedure.
- **If you do not abstain from sexual intercourse in the HyFoSy cycle, there is a risk of developing an ectopic pregnancy.**

The clinic doctors produce a number of information sheets especially for this clinic and update them frequently. You can find some of these sheets on [www.royalberkshire.nhs.uk/patient-information-leaflets/](http://www.royalberkshire.nhs.uk/patient-information-leaflets/) and search under 'F' for Fertility Clinic.

For more information about the Trust visit our website: [www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

This document can be made available in other languages and formats upon request.

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