Fertility Centre -Hyfosy, fallopian tube examination

azdelta
Uw ziekenhuis.

Dear patient,

In this brochure we want to inform you about the examination of the fallopian tubes; the hysterosalpingo foam sonography or HyFoSy for short.
Should you have any questions after reading this leaflet, please do not hesitate to contact us.

The AZ Delta fertility team

1 Theoretical view of the examination

What does hysterosalpingo-foam sonography or HyFoSy mean?

Hysterosalpingo foam sonography is an examination which makes the fallopian tubes visible by means of an ultrasound after injecting a water- and air-based gel. This technique allows the doctor to determine whether or not a woman's fallopian tubes are open, swollen or blocked.

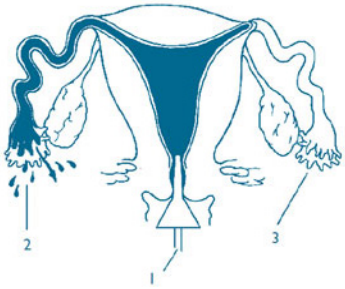


When is a HyFoSy performed?

Hysterosalpingo foam sonography is one of the diagnostic tests carried out to investigate the cause of infertility in women, in this case to detect any tubal pathologies. The examination will be performed shortly after your period.

What happens in a HyFoSy?

The examination is performed by the fertility doctor at the gynaecology consultation and takes about 15 to 20 minutes. The examination will be easier if your bladder is empty.
You may lie down on the examination table with your legs in the leg supports. A routine vaginal ultrasound is performed first. The gynaecologist then places a speculum and disinfects the cervical os. A special gel is then passed through the cervix into the uterus through a fine tube (catheter). You may experience a pain similar to menstrual cramps. This pain lasts for the time of the examination, which is only a few minutes. The path followed by the gel is monitored by means of a vaginal ultrasound. Normally, the gel will fill the uterine cavity and the fallopian tubes and flow out of the ends of the fallopian tubes, indicating that they are open.



1. Gel injection probe
2. Open fallopian tube: gel passes through the fallopian tube into the abdominal cavity
3. Sealed fallopian tube: gel cannot pass through the fallopian tube

Does HyFoSy have side effects?

- Cramps (similar to menstrual pain) for which you can take Ibuprofen 400mg or Dafalgan 1g if needed.
- Vaginal bleeding can occur, but is usually short-lived.

Does HyFoSy have limitations?

Yes, abnormalities in the abdominal cavity, i.e. around the uterus and ovaries, will not become visible. However, evidence is sometimes found of the existence of adhesions in the abdominal cavity, for example. Only during keyhole surgery (laparascopy) can these types of abnormalities be established with certainty.
In addition, sometimes spasms of a fallopian tube in response to the examination may make it appear closed, while it is not in reality.

Are any risks involved in HyFoSy?

Infection of the fallopian tubes is a risk of HyFoSy.
The required instruments are inserted via the vagina. The vagina can be disinfected, but cannot be sterilised. As a result, there is a risk (0.5 percent) of an ascending infection. Antibiotics are prescribed to prevent infections resulting from this procedure. If you experience increasing abdominal pain, dirty discharge and fever (38°C or more), contact your gynaecologist immediately. Some abdominal pain that soon becomes less and possibly some blood loss are normal symptoms after the procedure.

After a HyFoSy

The results of the examination will be communicated to you immediately. Some of the foam will flow out of the vagina, possibly with some blood loss. There is no harm in this.

Cost

The examination will cost you about €80. This includes the consultation with the gynaecologist, the foam and the catheter. If you have any questions, please contact the billing department.

2. Practical arrangements

Consultation with the gynaecologist

If your gynaecologist considers it useful to perform a HyFoSy, they will discuss this with you. HyFoSy is usually performed between day 5 and day 10 of your cycle, i.e. just after menstruation and before ovulation. At this time, there can be no pregnancy and no damage to an embryo. If you are taking contraception, it can also be planned later in the cycle.

Final planning of the examination

On the first day of your period, call the fertility center (if you are a patient on the Rumbeke campus) or the gynecology secretariat of Menen or Torhout. You indicate that a HyFoSy needs to be planned for you. It is important that your menstrual period is completely finished to be able to perform the examination. This should be taken into account when planning the appointment.

Preparation for the examination

To protect you from possible infections, a short course of antibiotics is prescribed preventively by the gynaecologist. You can get these antibiotics (Zitromax) at any pharmacy with a prescription. Once the examination is planned, start the following schedule:

The night before the HyFoSy	1 tablet Zitromax 500mg
The morning of the HyFoSy	1 tablet Zitromax 500mg

You may take Ibuprofen 400mg or Dafalgan 1g as a painkiller one hour before the examination.

The examination

On the day of the examination, report to your gynecologist's secretariat. For each consultation, identity stickers must be made via the kiosks at reception. You don't have to be sober.

Contact

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Source: fertility department

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