

## **HyCoSy (Hysterosalpingo-Contrast-Sonography) Patient Information Leaflet**

### **What is HyCoSy (Hysterosalpingo-Contrast-Sonography)?**

HyCoSy is a diagnostic procedure used to assess the patency (openness) of the fallopian tubes and the shape of the uterus. This test uses a contrast agent (foam) and an ultrasound scan to provide a detailed image of your reproductive organs, helping identify any blockages or abnormalities that could affect fertility.

### **Why is HyCoSy recommended?**

HyCoSy is commonly recommended for patients undergoing fertility assessments to ensure that the fallopian tubes are open and functioning properly. Blocked or damaged fallopian tubes can prevent sperm from reaching the egg, making natural conception more difficult. By identifying such issues, doctors can determine the best fertility treatment options for you.

### **What type of HyCoSy is offered at P4 Fertility?**

At P4 Fertility, we offer advanced imaging using **4-D HyCoSy** and **3D ultrasound scans**. These advanced technologies provide highly detailed images allowing for a more accurate assessment of your fertility.

### **How does the HyCoSy procedure work?**

- A small, flexible catheter is gently inserted through the cervix into the uterus.
- A special foam contrast agent is then injected through the catheter.
- The foam travels through the uterus and fallopian tubes, and real-time ultrasound images are captured.
- These images show whether the fallopian tubes are open and if there are any abnormalities in the uterus.
- The entire procedure typically lasts 15-30 minutes.

### **Is HyCoSy painful?**

HyCoSy is usually well-tolerated, but you may experience mild discomfort or cramping during the procedure, similar to menstrual cramps. Over-the-counter pain relief such as ibuprofen can be taken prior to the test if you are concerned about discomfort.

### **When should I book my HyCoSy test?**

It is essential to schedule your HyCoSy before ovulation, which is usually between **Day 10 and Day 14 of your menstrual cycle**. This timing helps prevent the risk of performing the test during early pregnancy, should conception have occurred.

### **How do I prepare for the HyCoSy procedure?**

- Schedule the test between Day 10 and Day 14 of your cycle (before ovulation). This timing helps prevent the risk of performing the test during early pregnancy, should conception have occurred.
- Ensure you are not pregnant before the test. If there is any doubt regarding possible pregnancy, the test will be rescheduled.
- You may take pain relief (e.g., ibuprofen or paracetamol) 30-60 minutes before the test to reduce discomfort.
- Empty your bladder just before the procedure.
- You must not be bleeding i.e. menstruating on the day of your appointment. If your bleeding starts or continues the day of your appointment, the test will need to be rescheduled. Please contact the Administration team.
- If you have irregular periods, please contact the Administration team and your consultant will issue you with medication to trigger a bleed (withdrawal bleed).
- You must not be actively suffering from infections like chlamydia at the time of test. You are advised do the chlamydia test at your GP surgery or any local STI clinic or with P4 Fertility prior to your HyCoSy.
- If you have any questions, please discuss with our team.

### **What happens after the HyCoSy?**

You will be able to go about your day as normal after the HyCoSy.

Some patients experience some bleeding and/or white/pinkish discharge after which normally stops within 24 hours. Some patients feel faint during or after the procedure. Abdominal discomfort after the procedure is normal, it normally resolves within 24 hours. It is important to let us know if you are feeling unwell.

If you experience any symptoms you are unsure of, please contact us for further support and guidance.

You may try for pregnancy in the same cycle, and it is safe if you get pregnant after HyCoSy.

### **When do I find out the result of the HyCoSy?**

Your consultant will conduct the test and will tell you the results in real time. Your next steps will be discussed and confirmed before you leave. If you require a copy of report in print or via email please contact our Administration Team.

### What are the benefits of HyCoSy?

- **Non-invasive:** Unlike other fallopian tube testing methods, the HyCoSy uses ultrasound instead of radiation (like X-rays).
- **Quick recovery:** You can resume your normal activities immediately after the test.
- **High accuracy:** A HyCoSy provides clear images of the fallopian tubes and uterus, aiding in fertility diagnosis.

### Can HyCoSy improve my chances of conception?

Yes, there is evidence that undergoing a HyCoSy test may improve your chances of conception. Several studies have shown that the test may have a therapeutic benefit. This is thought to be because the process of flushing the fallopian tubes with the foam contrast agent may remove minor blockages or debris, improving the chances of natural conception.

### What does the research say about HyCoSy and fertility success?

- **A systematic review by Kamath and colleagues (2017)** found that patients who underwent tubal flushing procedures, including HyCoSy, experienced higher pregnancy rates compared to those who did not undergo the procedure.
- **Kissler et al. (2018)** conducted a study which demonstrated that HyCoSy not only provides accurate diagnostic results but also improves spontaneous conception rates after the test, likely due to the mechanical effect of flushing the tubes.

Thus, while HyCoSy is primarily diagnostic, there is evidence to suggest that it could potentially improve fertility outcomes as well.

### What are the risks of HyCoSy?

HyCoSy is generally considered safe, but there are some potential risks:

- Mild cramping or discomfort during the procedure.
- Light spotting or vaginal discharge after the test.
- Pelvic infection: 0-3%; if you develop an offensive vaginal discharge or high temperature, please contact your GP as you may require antibiotics.
- Inconclusive procedure: due to discomfort or technical difficulties.
- Perforation of the womb: less than one in a 1000.
- Allergic reaction to the dye: less than one in 100.

Infection as a result of the procedure occurs in less than 1% of women, most commonly if there is a history of pelvic infection. It is important to discuss with your consultant whether you may be at risk of infection.

### What should I do after the procedure?

- You can resume normal activities immediately after the test.

- Mild cramping or spotting may occur for a day or two. This is normal.
- If you experience severe pain, heavy bleeding, or signs of infection (fever, unusual discharge), contact our team immediately.

### How do I book my HyCoSy test?

To book your HyCoSy test, please book on website or call our clinic and schedule an appointment between Day 10 and Day 14 of your menstrual cycle. If you have any questions or concerns, our staff is here to assist you.

### Contact Details:

**E:** [secretary@p4fertility.co.uk](mailto:secretary@p4fertility.co.uk)

**T:** 0121 314 5503

**W:** [www.p4fertility.co.uk](http://www.p4fertility.co.uk)

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### References:

1. **Kamath, M. S., et al. (2017).** "A Systematic Review and Meta-Analysis of Tubal Flushing with Lipiodol for Subfertility." *Human Reproduction Update*, 23(3), 356-364.
2. **Kissler, S., et al. (2018).** "Effect of Hysterosalpingo-Contrast Sonography (HyCoSy) on Spontaneous Conception in Infertile Women." *Journal of Reproductive Medicine*, 45(9), 742-747.