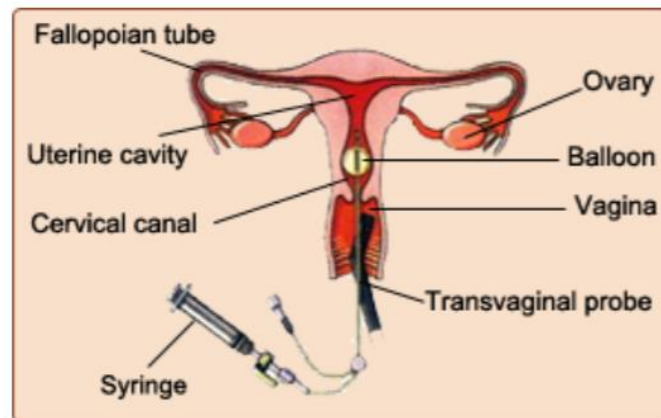




## Patient and Family Education

### Sonohysterography/Hysterosalpingo-Foam Sonography (HyFoSy)



#### Sonohysterography / HyFoSy

Sonohysterography is a specialised procedure performed under ultrasound to examine the womb (uterine), womb cavity and ovaries, HyFoSy, in addition also examines the fallopian tubes.

#### What does it involve?

This procedure is performed in a room with an ultrasound machine. Usually no analgesia is given and most patients tolerate the procedure well. Occasionally, lower abdominal pain may be experienced during or after the procedure and the doctor will administer medication where necessary. The procedure is best performed between day 6 to 12 of your menstrual cycle (day 1 being the first day of your menses). This timing allows visualisation of the womb cavity and fallopian tubes with reduced possibility of disrupting a potential pregnancy.

During the procedure, an ultrasound probe is inserted into your vagina to evaluate the womb and ovaries. Your pulse rate and oxygen saturation will be monitored with a finger probe. A speculum is placed in the vagina (like for Pap smear) and the cervix is cleansed. A slender catheter is inserted through the cervix into the uterine cavity and the balloon may be inflated to prevent the catheter from slipping. Occasionally, your doctor may need to grasp the cervix with an instrument and rarely, may need to use a metal device to find the path to the womb. The speculum is then removed and the scan probe is placed in the vagina. Warm saline will be instilled through the catheter to visualise the womb cavity followed by the foam to assess the patency of the fallopian tubes.

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## Before the Procedure

You must abstain from sexual intercourse from the first day of your menses until your test date.

Please inform your doctor if you have any illnesses, allergies or injuries. Before the procedure, please inform your doctor for further advice if any of the following are applicable:

- You have a history of allergy or reaction to any medications, drugs or rubber / latex.
- There is a possibility that you might potentially be pregnant.

## Duration of Procedure

Approximately: 30 - 45 minutes

## Risks of Surgery

Complications will be explained to you by your surgeon before surgery. You will be required to sign an informed consent prior to surgery.

The potential risks are:

Severe pain	Pelvic Infection
Effects on a developing pregnancy	Inaccuracy of test
Allergic reaction to saline solution	

## Care after Surgery

### Activity / Rehabilitation

- You are advised to rest and avoid strenuous activities or prolonged standing for the rest of the day.
- Subsequently, you may resume normal activities as tolerated.
- Avoid swimming for at least 2 weeks or until bleeding or discharges have stopped.

### Nutrition / Diet

- There are no restrictions on your diet.

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### **Safe and effective use of medication**

- Take prescribed medications as instructed by pharmacist.

### **Special Instructions**

- Some light vaginal spotting or bleeding is expected after a Gynaecological procedure. This usually decreases over time and with rest.
- Use sanitary pad to prevent staining your underwear.
- Avoid using tampons until your next menstrual period or until after bleeding and discharges stops.
- Avoid sexual activity until spotting or bleeding has stopped or as advised by the doctor.
- Do not douche after the procedure.

### **When and how to seek further treatment**

Seek urgent medical consultation with your doctor at the O&G Centre during office hours or at the Department of Emergency Medicine of Singapore General Hospital after office hours if any one of the following conditions occurs:

- Fever of 38 °C and above.
- Excessive vaginal bleeding.
- Bleeding is bright red with blood clots.
- Severe abdominal pain.
- Foul smelling discharge from the vagina.
- Any other abnormal or prolonged symptoms, which may cause concern.

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