

## Before Your HSG

You are scheduled to undergo a hysterosalpingogram (HSG). The following information and instructions are provided to help you prepare for your procedure:

What is a Hysterosalpingogram (HSG)?

A hysterosalpingogram or HSG is an x-ray procedure performed to determine whether the fallopian tubes are open and to see if the shape of the uterine cavity is normal. The most common reason for an HSG is because of

unexplained infertility, or to confirm the fallopian tubes are properly closed after an Essure® procedure.

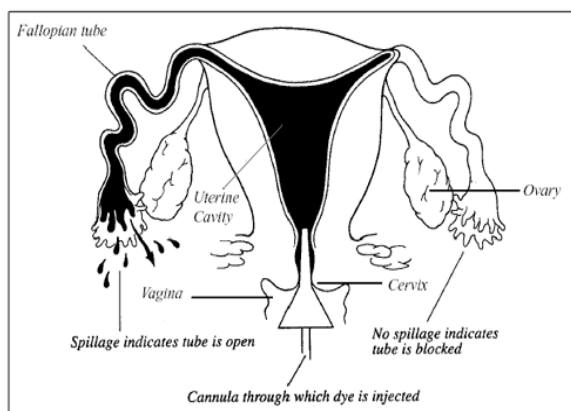
How is a hysterosalpingogram done?

A patient is placed under a fluoroscope (a real-time x-ray imager) on a table. The physician places a speculum into the vagina and the cervix is cleaned. A catheter is placed into the opening of the cervix and the physician gently fills the uterus with liquid containing iodine (contrast) through the catheter. The contrast spills out the ends of the fallopian tubes if they are open, or stays in the uterus if the tubes are blocked.

Is it uncomfortable?

An HSG usually causes mild to moderate cramping for about five minutes; however, some women may experience

cramps for several hours. Spotting commonly occurs for one to two days after the HSG. Unless instructed otherwise, you should notify your doctor if you experience heavy bleeding after the HSG.



What are the risks and complications of HSG?

An HSG is considered a very safe procedure. However, there are a set of recognized complications, some serious, which occur less than 1% of the time.

What about radiation exposure?

Radiation exposure from an HSG is very low, and there have been no demonstrated ill effects from this radiation, even if conception occurs later in the same month. The HSG is performed by a physician called a radiologist, who has expert training and experience performing x-ray guided procedures.

How should I prepare for my HSG?

We recommend that you take 800 mg of ibuprofen (Advil, Motrin) by mouth one hour before your appointment. We routinely offer a light oral sedative when you arrive for your appointment, but because of the medication you must have someone to drive you home. You should plan on taking it easy the rest of the day.

If you have any questions or concerns about your HSG, please call us at (801) 281-0027.