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HyFoSy
Hysterosalpingo Foam Sonography

JAN YPERMAN ZIEKENHUIS

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PATIENT DATA

Patient adhesive

Contents

How is the examination carried out? 4

Why do we carry out a HyFoSy? 4

Step-by-step guide to the examination 5

When do we carry out the examination? 6

Possible side effects 6

Have any questions?

Ask your treating physician or nurse.



What is a HyFoSy?

A HyFoSy (Hysterosalpingo-Foam-Sonography) is an ultrasound scan used to check the patency of the fallopian tubes.

This examination can be carried out during a routine consultation and takes around 10 to 15 minutes.

How is the examination carried out?

During the examination, we introduce a foamy fluid via the cervix into the uterine cavity and the fallopian tubes. The fluid contains air bubbles that are visible on the ultrasound scan and make it possible to visualise the fallopian tubes. The foam appears white on the ultrasound scan, making it easy to track. If the fallopian tubes are patent, the foam will move from the uterus into the fallopian tubes and eventually end up in the abdominal cavity.

Why do we carry out a HyFoSy?

After ovulation, the fallopian tube picks up the mature egg and transports it to the uterus. If the fallopian tube(s) are not sufficiently open, this transport is disrupted, which can result in reduced fertility.

Possible causes of this include:

- A previous infection (e.g. chlamydia or another pelvic infection).
- Scarring from a previous abdominal operation.
- Endometriosis or other gynaecological conditions.

A HyFoSy clarifies whether ...

... the fallopian tubes are open and

... there is a possible cause of reduced fertility.

Step-by-step guide to the examination

The examination takes place in the gynaecologist's consultation room.

The procedure consists of several steps:

- The doctor will insert a speculum (duck-billed instrument) to visualise the cervix.
- The cervix is disinfected to minimise the risk of infection.
- Through the cervix, the doctor inserts a fine catheter into the uterine cavity and removes the speculum.
- An ultrasound probe is inserted into the vagina.
- Whilst the uterus and fallopian tubes are visualised on the ultrasound, a small amount of foam is injected.
- The foam first spreads within the uterine cavity.
- If the fallopian tubes are patent, the foam will become visible as it passes through them and eventually enter the abdominal cavity.
- The doctor removes the ultrasound probe and the catheter.

The examination is not painful, but may cause a temporary cramping sensation.

When do we carry out the examination?

Ideally, the examination takes place in the first half of the menstrual cycle, just after your period.

When can the examination not be carried out?

- **In the event of a possible pregnancy**
  Is there a chance you might be pregnant? If so, the test must not be carried out.
- **If there is still significant vaginal bleeding**
  We will only carry out the examination if the bleeding is minimal or has stopped.
- **If you have an infection**
  Do you have a vaginal infection or an infection in the abdomen? If so, we will have to postpone the examination.

Possible side effects

During or after the examination, you may experience:

- Menstrual-like cramps. You are welcome to take a painkiller (such as paracetamol or ibuprofen).
- Light vaginal bleeding after the examination.
- The frothy fluid may flow back out through the vagina. This is harmless and will clear up on its own.

Do you have persistent pain, a fever or abnormal discharge after the examination?
If so, please contact your gynaecologist.

Extra notes:

Contact

Gynaecology and Obstetrics Secretariat

Opening hours:
Monday – Friday: 8 am – 12.30 pm & 1.30 pm – 6 pm

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More information at: gynaeco.yperman.net

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Comments and/or suggestions can be sent to communicatie@yperman.net

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