



CReATe Fertility Centre

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PATIENT INSTRUCTIONS – HYSTEROSONOGRAM (FALLOPIAN TUBE TESTING)

Purpose:

To determine if your fallopian tubes are open (patent).

Preparation:

If you don't already have an appointment booked, please **call on day 1, 2 or 3 of your period to book this test**. Call even on weekends and leave a message that it is your “**Day 1, 2 or 3**”. The procedure is usually performed after a menstrual period has finished, but before anticipated ovulation-approximately between **days 5-11 of your cycle**, depending on the length of your menses and your doctor's discretion.

The procedure takes place at the CReATe Fertility Centre, 790 Bay Street, 11th Floor, IVF Suite. The procedure starts at **2:00pm (on a Tuesday or Thursday)**. It will be performed by one of the CReATe doctors scheduled to perform the tests on that day. All patients should arrive between 1:30 and 1:45pm and the test is performed in the order patients arrive. We may not always be able to schedule the test during the desired day or cycle due to overbooking, therefore, you may be asked to call on your next Cycle day 1.

If your partner wants to accompany you, he/she may do so.

Procedure:

1. Eat a light lunch.
2. You may experience menstrual like cramping after the procedure. We suggest that you take **2 pills of Ponstan provided to you or 2 extra strength Advil (ibuprofen)** at about 1:30 pm to help reduce cramping during the procedure. Take the pills with food. The effect of the medication lasts up to 4-5 hours.
(NOTE: Do not take these medications if you are allergic to aspirin products or have a history of a bleeding disorder, low platelets or stomach ulcers. If you are allergic you may take Tylenol (acetaminophen).
3. During the procedure, a small tube containing contrast gel is inserted into your cervix.
4. The gel is injected slowly. The flow of the gel into the uterine cavity and out through the fallopian tubes and into the pelvis is watched by ultrasound. You can also watch this happening on a monitor.
5. The procedure takes approximately 10 to 15 minutes and the results are immediate.
6. During the injection of the contrast dye you may feel cramping, which may last for several hours. For this reason, you may want to have your partner or a friend accompany you during the procedure. You may also want to take the afternoon off.
7. After the test, there may be a discharge for a few hours and some blood. Therefore, a tampon or a pad can be used following the procedure. We will provide one if you don't have one. Any fluid remaining in the pelvic cavity is absorbed by the body without any harmful effects.
8. If you need to contact your doctor during office hours or after, call the clinic at **416-323.772** and listen for the prompts.

Appointment Date: _____

Arrive between 1:30 and 1:45pm