

# Saline infusion sonography (SIS) and hystero-salpingo contrast sonography (HyCoSy)



the women's  
the royal women's hospital

Your doctor has referred you for one or both of these tests. This fact sheet explains what they are, why they're being offered to you and what you can expect before, during and after the tests.

## What is saline infusion sonography (SIS)?

Saline infusion sonography lets us see inside your uterus.

During an ultrasound scan, we put sterile salt water (saline) into your uterus (womb). The water helps us see the inner lining more clearly.

This test is offered if you have:

- had repeated miscarriages
- heavy painful periods
- non-cancerous growths in your uterus, like fibroids or polyps.



Above - before the saline infusion  
Below - after the saline infusion

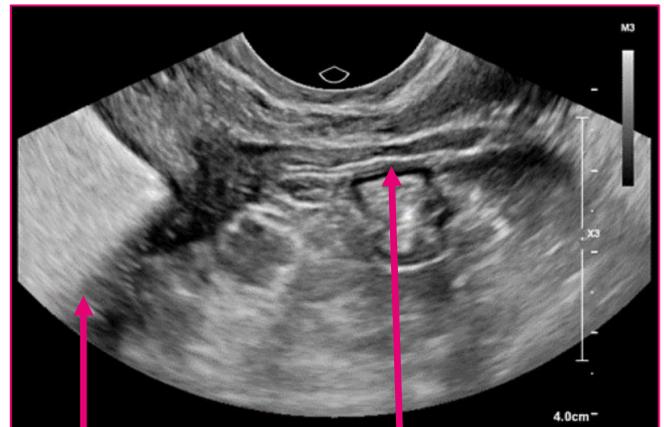


## What is hystero-salpingo contrast sonography (HyCoSy)?

Hystero-salpingo contrast sonography lets us see if your fallopian tubes are blocked.

Blockages can make it hard to get pregnant because the eggs need to travel from your ovaries through the tubes to your uterus.

During this procedure, we put a special foam dye into your uterus. The foam shows up brightly on ultrasound, so we can watch it move through your fallopian tubes and identify any issues.



Foam in uterus

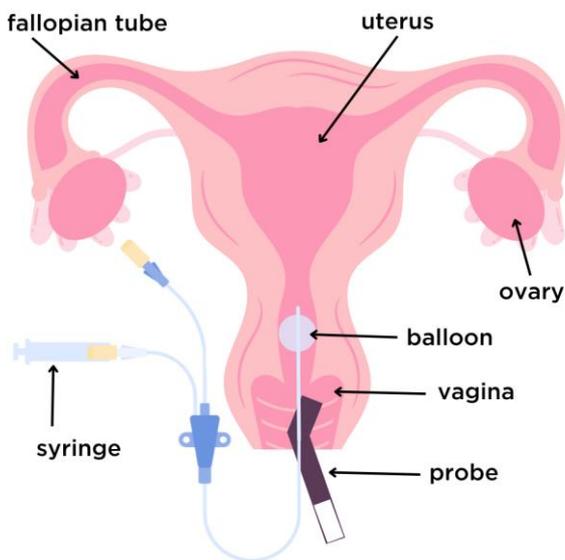
Foam in tube

## Scheduling your procedures

You might have both procedures on the same day.

We'll aim for around day 10 of your monthly cycle to make sure you're not pregnant. Our staff will contact you about when to call and arrange your procedure. If your periods are irregular or you're not sure when day 10 of your cycle is, please contact us.

## The procedures



1. First, the doctor will insert an ultrasound probe into your vagina to examine your uterus and ovaries. This is called an internal transvaginal ultrasound scan.
2. After the ultrasound, the doctor will remove the probe and use a speculum to hold open your vagina. It's like when you have a cervical smear test. The doctor will clean your vagina and cervix with an antiseptic solution. This may feel slightly uncomfortable.
3. Next, the doctor will insert a small tube (catheter) through your cervix and into your uterus. A tiny balloon on the catheter will be inflated to hold it in place. This may also be uncomfortable. Some people feel dizzy or faint, but this is not common.
4. The doctor will then insert water and/or foam through the catheter and take pictures of your uterus and fallopian tubes. This may cause some discomfort but is usually well tolerated. If it becomes too painful, let us know and we can stop the procedure.
5. Your doctor will explain the results to you on the same day.

After the test, avoid sex, baths and swimming pools for 24 hours.

You should not have SIS or HyCoSy if:

- you're pregnant
- you currently have or recently had a pelvic infection
- you have unexplained abnormal vaginal bleeding
- you've had a previous reaction to the foam.

## Frequently asked questions

1. Is ultrasound safe?  
Yes, ultrasound is safe. There is no evidence that it will hurt you.
2. Are the procedures painful?  
Most people only feel mild discomfort at different stages of the procedures. But if it gets too much for you, we can stop.
3. Can you take pain relief medicine before or after the procedures?  
We recommend taking mild pain-relieving medicine like paracetamol about 30 min before the procedure. Talk with your doctor about this.
4. How do you work out 'day 10' if your periods are very irregular?  
If your periods are irregular, please contact us to discuss the best time to book your procedure.
5. Is it safe to become pregnant in the same month after having SIS or HyCoSy?  
Yes, it's safe to get pregnant.
6. Can you be allergic to the foam?  
Allergic reactions to the foam are rare. The procedure is done in a safe environment, so we can treat any allergic reaction right away.
7. Are there any risks to SIS or HyCoSy?  
There's a small risk of introducing bacteria (germs) into your pelvis during the procedure. Cleaning the vagina and cervix at the start of the procedure reduces this. The risk of infection is about 1 in 100 people, or 1%.

8. How do you know if you have a pelvic infection?

Common symptoms include pain or discomfort in your lower abdomen (tummy), unpleasant vaginal discharge or feeling generally unwell in the days after the procedure.

9. What should you do if you think you have an infection?

Please see your family doctor. An untreated infection could make fertility problems worse.

10. Is light bleeding after the procedure normal?

Yes, light spotting for 1-2 days after the test is normal.

## Family Violence Support

### 1800 Respect National Helpline

Support for people impacted by sexual assault, domestic or family violence and abuse.

1800 737 732 (24-hour support service)

[1800respect.org.au](http://1800respect.org.au)

## Do you need an interpreter?



Interpreter

If you need an interpreter, you can ask for one.