

What  
can you  
expect?

HyFoSy\*:  
a test for the patency  
of the fallopian tubes

## What is Hysterosalpingo-Foam Sonography (HyFoSy)?

In a fertility test HyFoSy or Hysterosalpingo-Foam Sonography is used to examine the patency of the fallopian tubes.

The examination is an internal (vaginal) ultrasound test without referral to the Radiology Department, without using X-rays and is less painful than the usual tests. The fallopian tubes are being made visible by introducing foam into the cavity of the womb.

The air bubbles in the foam cause the fallopian tubes to swell up slightly as a result of which they are easily visible on the ultrasound. This foam is white on an ultrasound image; the womb and abdominal cavity vary between grey and black. In this way it is possible to examine thoroughly the course of the fallopian tubes.

This test is carried out when ovulation has not yet taken place, so in the first half of the menstrual cycle after bleeding has stopped.

It is important that pregnancy is ruled out if you have an ultrasound carried out

Therefore on the day of examination and on the advice of your doctor, you will be asked to take with you a negative pregnancy test or a bottle with morning urine

The test can also not be carried out if there is an infection of the vagina or in the lower abdomen.

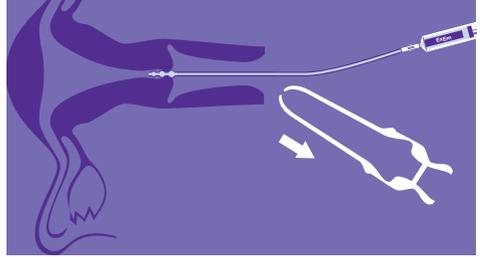
The test takes 10 to 15 minutes on average. It is possible that you will feel menstrual-like cramps. Your doctor may advise you to take a painkiller 1 hour beforehand.

## The examination



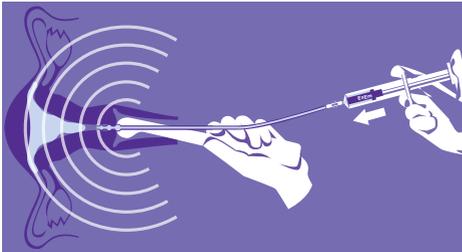
1. You empty your bladder and lie on the gynaecological examination couch (in the leg supports).

Using a speculum the neck of the womb is examined and disinfected.



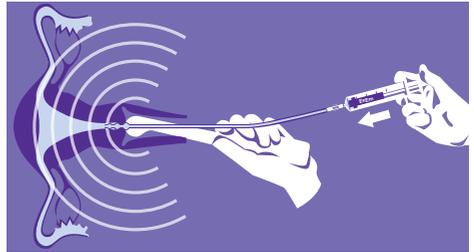
2. An ultrasound examination of the womb and the ovaries is carried out via the vagina.

A catheter (a fine plastic tube) is introduced through the neck of the womb.



3. After the speculum has been removed, the ultrasound probe is inserted into the vagina.

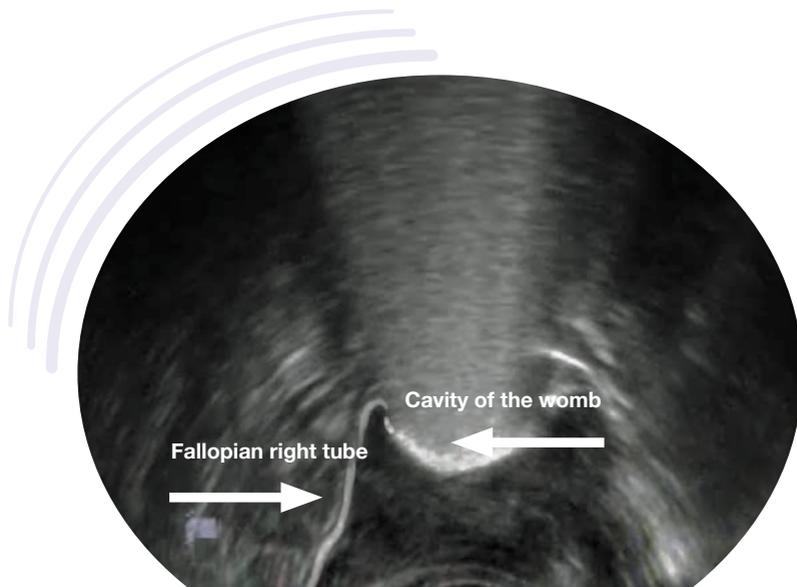
During the ultrasound examination a few millilitres of foam are now introduced into the womb.



4. When the white foam reaches the abdominal cavity through the fallopian tube(s), the patency of the fallopian tube(s) can be seen.

5. At the end of the test the catheter is removed. Some of the foam will flow out of the vagina, possibly with a little blood loss. This is not harmful and a sanitary towel is sufficient to absorb it. The foam does not contain any harmful substances.

Your gynaecologist will discuss the results with you immediately or later on.



Stamp

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#### References

1. Fertility & Sterility 2014 Sep;102(3):821-5. doi: 10.1016/j.fertnstert.2014.05.042. Epub 2014 Jul 1; Hysterosalpingofoam sonography, a less painful procedure for tubal patency testing during fertility workup compared with (serial) hysterosalpingography: a randomized controlled trial. Dreyer K et al
2. Ultrasound Obstet Gynecol 2015; 45:346-350. Pain during Fallopian tube patency testing by hysterosalpingo-foam Sonography Van Schoubroeck et al