



Women's Ultrasound Services

5111 N Scottsdale Rd, 150
Scottsdale 85250 480-9701937

Patient information for Ultrasound Fertility Scans and Tubal Patency

Background

Fertility problems may relate to male factors (sperm count, quality), or female factors. Female factors to consider include the a) uterus and endometrium, b) ovaries, and c) the fallopian tube.

Issues related to the uterus and endometrium include uterine malformations (septate, bicornuate uterus), fibroids, adenomyosis, and endometrial polyps, while important issues related to the ovaries and adnexa include follicle count, ovarian reserve, and polycystic ovaries. All of these can be accurately evaluated by ultrasound and should be assessed for any woman desiring pregnancy. All gynecologic ultrasounds performed at Women's Ultrasound Services are of the highest quality and include 3D scans.

Assessment of the Fallopian tubes

Tubal patency –normal open fallopian tubes which allow transport of the sperm to the egg- is essential for natural pregnancy. Issues that can affect tubal patency include endometriosis, adhesions, and prior infection, but many women with tubal factors have no known cause. Abnormal fallopian tubes can be seen when dilated and filled with fluid (hydrosalpinx), which indicate the tubes are blocked. The fallopian tubes are otherwise not seen with standard ultrasound because normal tubes are too thin to see and they blend with adjacent structures.

Hysterosalpingograms (HSG) have traditionally been used to assess tubal patency. However, HSG requires ionizing radiation and contrast dye with X-ray technology. As a replacement for HSG, HyCoSy (hysterosalpingo Contrast Sonography) was developed. This technique has been widely utilized and has been found to be comparable to HSG. Hysterosalpingo-Foam Sonography (HyFoSy) represents a significant improvement to the older HyCoSy method. ExEm-gel creates a stable foam which lasts longer than liquid. This results in better images, more accurate results, and a more comfortable exam for the patient.

Hysterosalpingo-Foam Sonography (HyFoSy)



- HiFoSy is an improvement on older methods, using a type of gel foam to visualize the tubes and assess tubal patency. The millions of tiny bubbles trapped in the foam produce a bright image on the ultrasound.
- HiFoSy can be performed at the same time we evaluate the uterus and ovaries. The procedure is quicker, safer, more convenient, and with less discomfort compared to older procedures.
- 4 independent publications, involving 800+ patients, reported 30 – 46% spontaneous pregnancies within 2-6 months after HyFoSy Procedure using ExEm® Foam.



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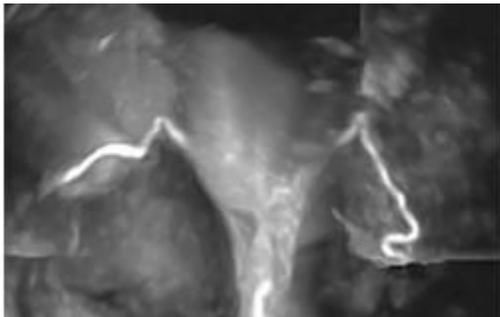
The Procedure

Scheduling and Preparation

- Schedule during the first half of your cycle, ideally cycle days 5-15.
- Avoid unprotected intercourse for this cycle.
- Some patients may benefit from painkillers (such ibuprofen) about half an hour to an hour before your appointment.

Procedure

- A routine transvaginal (internal) scan with 3D scans is first performed of the uterus and endometrium. We will also evaluate the ovaries.
- A speculum (instrument) is then placed in the vagina (like having a smear) and a catheter (small tube) is inserted into the uterus (womb) through the cervix.
- The speculum will then be removed and the scan will be continued. The foam solution is then passed through the catheter into the uterus and fallopian tubes, which can then be seen by ultrasound scan.
- You may experience mild uterine cramping similar to period type pain.
- The entire procedure will last approximately 45 minutes



HiFoSy Study using ExEm foam and 3D ultrasound showing patent fallopian tubes

After the exam

- You will be informed of the results immediately. You should feel normal quickly, and hopefully reassured with the procedure. No other special directions are required. To date, there have been no reported infections from HiFoSy and there is no consensus on antibiotic treatment. However, there is a recognized low risk (2%) of infection following a HSG. For this reason, and to be extra safe, we will prescribe antibiotics (Doxycycline) for a few days following the procedure. It is your option whether to take these.
- Get pregnant! 4 independent publications, involving 800+ patients, reported 30 – 46% spontaneous pregnancies within 2-6 months after HyFoSy Procedure using ExEm® Foam.



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Safety and side effects

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Enhanced pregnancy rate

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