

## **Preparation Guidelines of Hysterosalpingography**

✓ **Timing:**

- *The procedure is typically scheduled one week after menstruation but before ovulation to ensure you are not pregnant.*

✓ **Pre-existing Conditions:**

- *Inform your doctor if you have:*
- *An active inflammatory condition.*
- *A chronic pelvic infection or untreated sexually transmitted disease.*

✓ **Medications and Discomfort Management:**

- *Your doctor may recommend a laxative or enema to clear your bowels before the procedure.*
- *You may be prescribed a mild sedative or over-the-counter medication to minimize discomfort.*
- *Notify your physician of any medications you are taking or allergies, particularly to barium or iodinated contrast materials.*

✓ **Clothing and Accessories:**

- *You may need to remove some or all clothing and wear a gown.*
- *Remove jewelry, removable dental appliances, eyeglasses, or any metal objects that could interfere with imaging.*

✓ **Pregnancy Precaution:**

- *Always inform your doctor or the x-ray technologist if there is any possibility that you are pregnant.*