

Having a sinogram or fistulogram to look at an abnormal passage (sinus or fistula)

Department of Radiology

Information for Patients

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Introduction

If you are an outpatient please read your appointment letter carefully to check which hospital your appointment is at.

This leaflet tells you about your test. Please read it carefully as it has important information

What is a sinogram or fistulogram?

- **A sinogram** is a special X-ray test to look at the passage or 'track' of a sinus. A sinus is an abnormal cavity in the body that opens out as a wound onto the skin surface.
- **A fistulogram** is a special X-ray test to look at the passage or 'track' of a fistula. A fistula is an abnormal passage between 2 or more parts of the body that often open on the skin surface.

We use a small amount of a colourless liquid (contrast liquid) that shows up on X-ray. This helps us to see the inside of your sinus or fistula.

These tests are done the same way. They are used to find out the shape and size of a sinus or fistula to see how much of your body is involved.

Why do I need a sinogram or fistulogram?

Your doctor has asked for you to have this test to help find out more about your sinus or fistula. This is usually done to see why it is not getting better.

Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

How do I get ready for the test?

- You do not need to do anything special to get ready for the test.
- You can eat and drink as usual.
- If you are on medicine from your doctor please continue to take it as usual.
- If there is any chance that you may be pregnant please contact the Radiology Department straight away
- If you normally use a stoma bag please bring a spare bag with you.

Important information

The contrast liquid has iodine in it.

Please tell the X-ray staff when you arrive if:

- **You are allergic to iodine or rubber (latex)**, have any other allergies or have asthma.
- **You have had a reaction in the past to a contrast liquid injected into a vein (intravenous contrast)**. This is the dye used for some X-ray test and CT scans.
- **There is any chance that you may be pregnant.**

The radiographer will ask you some questions about your health before the test starts. This is to see if you might be allergic to the contrast liquid..

What happens during the test?

- We may show you to a cubicle to take off some of your clothes and put on a hospital gown.
- We will take you into the X-ray room. We will talk to you about your test and you can ask any questions that you have.
- We will ask you to lay down on the X-ray table.
- We will clean your skin at the opening of your sinus or fistula with antiseptic solution.
- We will gently put a small plastic tube (catheter) into the opening of the sinus or fistula on your skin surface.
- We will inject a small amount of contrast liquid through the catheter into the sinus or fistula. The liquid shows up on X-ray pictures.
- We take X-ray pictures to show where the sinus or fistula goes. We may ask you to move into different positions.
- When all the X-rays have been taken, we take the catheter out. We put a sterile dressing your skin. If you usually use a stoma bag please bring a spare bag with you so it can be put on.

Who will be doing the procedure?

- A doctor who specialises in imaging and X-ray treatments (an interventional radiologist) will do the procedure.
- A nurse and a radiographer will be in the room to help. There may also be a healthcare assistant.
- As we are a teaching hospital a student may also be in the room. If you do not want this, you can ask that a student is not in the room when you have your test.

How long will the test take?

The test usually takes about 15 to 30 minutes.

How do I get the results?

- You will not get the results straight away.
- After your examination we will tell you who the results will go to and how to get your results.
- The radiologist will look at your scan pictures again.
- The results will be sent to the GP or hospital doctor who wanted you to have this test.
- If you are an inpatient the results will be given to the doctors looking after you on the ward.

What happens after the test?

You will be able to leave straight after the test.

The area around the tube may be sticky if some of the contrast liquid spills. You can wash it off with water.

There may be a small amount of bleeding from the sinus or fistula for a short time. If the bleeding does not stop please call your GP or the NHS Helpline on 111.

If you have any other problems after the test please call your GP or the NHS Helpline on 111.

Are there any risks?

- **Discomfort** - You may feel mild discomfort during the test. Please tell the doctor if you feel pain during the test.
- **Reaction to contrast liquid** - The risk of a reaction is very low. Some patients may be allergic to the contrast liquid. You may have symptoms such as feeling or being sick (nausea or vomiting), or a rash. If you get any of these symptoms at the hospital, tell the doctor, nurse or other staff looking after you. If you develop symptoms at home you should contact your GP or call 111.
- **Bleeding** - there may be a small amount of bleeding from the sinus or fistula.

What are the risks from exposure to radiation in this test?

The main risk from exposure to X-rays is a higher risk of getting a cancer in the future. This risk is thought to be very small.

We are all exposed to natural background radiation every day of our lives. This comes from the sun, the food we eat, and the ground. Each test that uses X-rays gives a dose on top of this natural background radiation.

The risks of radiation are slightly higher for an unborn child. We must ask all patients age 10 to 15 years registered as female and all patients aged 16 to 55 years about their periods and/or possibility of being pregnant.

The benefits of having this test are likely to outweigh any possible risks. The risks of not having the test could be greater. We try to keep your exposure to X-rays as low as possible.

What if I need to talk to someone?

If you have any questions or concerns, or cannot make the appointment:

Please call the Radiology department on **0116 258 8765** and select **option 7**. Monday to Friday 9am to 5pm, but not on bank holidays.

Any questions?

If you have any questions you can write them down. This is to remind you to ask when you come for your examination.



اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

જે કુર્મીં ઇંચ જાદવારી કિમે જેર ડામ્મા દિચ ચાહુંદે જે, ડાં વિરખા વરકે જેઠાં દિંડે ગદે નંબર '૩૯ ટેલીફોન વરે।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

Previous reference:

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk