

Interventional Herniogram

Your doctor would like you to have a Herniogram and has arranged for you to visit our department. We would like your visit to be as pleasant as possible and hope this leaflet will answer some of the questions you may have. Should you have any questions regarding your appointment please contact us on the appropriate telephone number below:

- Conquest Hospital Appointments - Tel: 0300 131 4500 Ext: 147422
- Eastbourne DGH Appointments – Tel: (01323) 414917

What is a Herniogram?

A Herniogram is a radiological examination to show whether or not a hernia is present. Hernias are protrusions of a small part of the contents of the abdomen through the abdominal wall that lie under the skin. They occur most commonly in the groin or around the umbilicus. A large groin hernia or umbilical hernia is usually obvious but a small groin hernia may sometimes be difficult to feel, a herniogram may then be needed to show it.

Who will be doing the Herniogram?

A specially trained doctor called an interventional radiologist. They have particular expertise in performing procedures under image guidance. There will also be at least one specially trained nurse and a radiographer in the room during the procedure.

Where will the procedure take place?

This procedure will take place in the angiography suite within the X-ray department. This is similar to an operating theatre into which specialised X-ray equipment has been installed.

How do I prepare for a Herniogram?

You will need to attend the radiology department in good time for your appointment

If there is possibility you could be pregnant, please inform the radiology department before the procedure.

Take your medicines as normal unless your doctor or nurse tells you not to.

If you have allergies, you must let your doctor know. You must also tell your doctor if you have previously had a reaction to intravenous contrast medium, the dye used for certain X-ray and CT scans.

If you are taking warfarin or any other blood thinning medication, please call the interventional radiology department.

What actually happens during a Herniogram?

Before the procedure, the interventional radiologist will explain the procedure, please feel free to ask any questions that you may have. Remember that even at this stage, you can decide against going ahead with the procedure if you so wish.

You will be asked to undress and put on a hospital gown. You will be asked to lie on the x-ray table. You may have an ultrasound scan before the herniogram but this does not always happen. Local anaesthetic will be injected into the skin to numb it, and then a small needle will be placed into the correct position in the abdomen. About 50 ml of contrast medium (x-ray dye) will be injected into the stomach, once this is in, the needle will be removed and you will be asked to sit up and then turn over onto your stomach. Once in this position you will be asked to cough and/or strain. This will assist the doctor to see if there is a hernia present.

Are there any risks?

Herniogram is a safe medical procedure, but there is always a small risk of complication

- There is a rare (1%) risk of the bowel being punctured by the needle. This usually settles without any treatment and if this happens you will be observed before being allowed home. This should only delay your departure from the hospital for a short time. Very rarely major surgery to repair or remove the damaged area of bowel may be necessary.
- You may get a little bleeding from the puncture site. A small dressing is all that should be necessary to stop this.
- You may get some abdominal discomfort for 24 hours. This normally settles with mild painkillers.

Will it hurt?

When the local anaesthetic is injected it will sting to start with, but this soon wears off, and the skin and deeper tissues should then feel numb.

How long will it take?

Every patient's situation is different and it is not always easy to predict how complex or how straightforward the procedure will be. You may be in the radiology department for up to 1 hour.

What happens afterwards?

Assuming all is well, you will be able to go home after the herniogram is completed.

What should I do when I go home?

When you get home you should:

- Eat and drink as normal
- Continue with your normal medication as prescribed, and pain relief if necessary. If you take anticoagulants, restarting these will be discussed with you before you are discharged.

What do you do if I have a problem at home?

If you have severe pain or are concerned please go to your nearest emergency department.

When do I get my results?

The results will be ready for your consultant or GP within a day or two.

Sources of information

British Society of Interventional Radiology

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4500 Ext: 135860 or by email: esh-tr.patientexperience@nhs.net

Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.

Tel: 0300 131 4500 Email: esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr Mo Faris, Consultant Interventional Radiologist, ESHT

Dr Justin Harris, Consultant Interventional Radiologist, ESHT

Dr Ben Salt, Consultant Interventional Radiologist, ESHT

The directorate group that have agreed this patient information leaflet:

Diagnostics, Anaesthetics and Surgery Division

Next review date: March 2023

Responsible clinician/author: Dr Mo Faris, Consultant Interventional Radiologist, ESHT

© East Sussex Healthcare NHS Trust - www.esht.nhs.uk