

Having a sinogram

Information for patients



What is a sinogram?

A sinogram is a way of outlining any small track or wound, usually opening onto the skin, by injecting an x-ray dye (contrast medium) through a fine tube placed in the opening. You will be asked to lie on your back on the x-ray table and the opening will be uncovered. A small flexible tube will be inserted into this opening. Contrast is injected through the tube whilst x-rays are taken.

If you have a stoma or wound bag this will be removed for the test.

Who performs the test?

The test is performed by a team of healthcare professionals which may include a radiographer, an advanced radiographer practitioner / specialist radiographer, an assistant and a radiologist.

How do I prepare for the test?

You do not need to prepare in advance for this test. You may continue to eat and drink. Do not stop taking vital medicines (heart drugs, steroids, diuretics / water tablets etc.)

What should I bring with me?

You will be required to change into a gown for the examination. The department will supply you with a gown but you may wish to bring your own dressing gown. Please do not bring large sums of money or items of value with you. Unfortunately we are unable to provide any childcare so please make alternative arrangements if necessary.

If you have a stoma or wound bag you will need to bring a spare one with you and any other dressings/ equipment that you normally use.

How long will I be in the department?

Allow 1-2 hours for your examination. Although we try to keep to your appointment time, occasionally there may be a delay due to emergency patients.

Are there any side-effects?

Radiation

This procedure involves x-rays. Female patients who are, or might be pregnant **must** inform a member of staff in advance.

The amount of radiation used is more than an ordinary x-ray of the chest or body and is equal to the natural radiation we receive from the atmosphere over a period of approximately two years. The risk from this radiation dose is very low.

Allergic reaction

Some patients may be allergic to the x-ray dye or medicines we give you. This is very rare. If you have any allergies please tell the member of staff who is performing your examination, at the start of the examination.

Do you ever fail to complete the examination?

This is a safe examination that is usually successful. If, for any reason, we are unable to perform the examination we will inform your doctor who will discuss the alternatives with you.

Despite these small risks your doctor believes it is beneficial for you to have this examination. Do bear in mind that there are greater risks from missing a serious disorder by not having the examination.

How will I feel following the test?

The contrast is colourless but sticky. We can provide you with cleanser/wipes if required. You will be able to eat, drink and resume normal activities immediately. You may have a small amount of bleeding after the procedure, if this continues contact your consultant / GP.

How will I get my results?

You will not be given your results on the day. The results will also be sent to your GP (if they referred you for the test. If so you must make an appointment to see them). If you have been sent by a hospital consultant / specialist then you will be sent an appointment to attend the relevant clinic or contacted by letter with the results.



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