



Your Herniogram Examination

Radiology Department

Great Western Hospital

If you need to cancel or you have queries or concerns please contact the department on

01793 60 50 59

Opening Hours

Monday - Friday 9.00am – 4.30pm



Your Herniogram Examination

What is a herniogram?

A herniogram is an examination to show whether or not a hernia is present. A hernia is when a small part of the contents of the abdomen protrudes through the abdominal wall and lies under the skin. They occur mostly in the groin or around the umbilicus. Larger hernias are usually obvious but a small groin hernia may sometimes be difficult to feel. A herniogram may then be needed to show it.

The procedure is performed by a radiologist and takes about 30 minutes.

Are there any risks involved?

The likelihood of complications is extremely rare. Any concerns you may have can be discussed before we begin the procedure.

Alternatively, ring the number given on the front page of this leaflet.

There is a very small risk of bowel perforation and infection (peritonitis) from having the herniogram, but despite these risks, your doctor believes that the risk from missing a disorder by not having the examination is greater.

During your procedure you will receive a dose of ionising radiation to help us form images of your body and this will provide your doctor with detailed information. The radiation dose is always kept as low as possible. The actual dose you receive will vary depending on the type of procedure you are having, but your doctor has considered this and feels that this is



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the best procedure for you to have to help diagnose or treat your condition.

We are all at risk of developing cancer in our lifetime and the added risk from undergoing your procedure is small and is outweighed because of the benefits it provides and every procedure that you have in Radiology has been assessed to ensure that the benefit outweighs the risk. For more information see the displays within the department or ask a member of staff.

Do I have to have this examination?

Your doctor has requested this X-ray as it is considered the most effective way of helping with diagnosis.

Before:

Is there anything I should do?

- If you are using **Warfarin/Clopidogrel or any other blood thinning drug** it is important that you ring the department on **01793 60 50 59** as soon as possible.
- You should also use this number if you have any other queries or you cannot attend.
- You should have no solid food for four hours before the appointment. But may drink for up to two hours before the appointment
- Consider your transport arrangements as you should not drive yourself home.
- **We will not perform this X-ray if you are pregnant, or think you might be pregnant.**



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When you arrive:

- Tell the Radiographer if you have diabetes, asthma or any allergies.
- You will be asked to change into an examination gown, there will be someone to help you with this if necessary.
- You will be requested to empty your bladder and will then be taken into the X-ray room.

What happens during the Herniogram?

- The procedure will be explained before we begin.
- This examination requires an injection of contrast material into your abdomen, but not directly into the hernia. Contrast material is a substance which shows up on X-rays.
- Local anaesthetic is injected into the skin first to numb the area.
- The contrast injection is then made through the abdominal wall into the abdomen. An X-ray is taken to ensure that the needle is inserted into the exact position.
- After the injection several X-ray images will be taken, and you may be asked to cough to help demonstrate any hernia.

Will it be uncomfortable?

- The procedure is relatively painless.
- You may feel some pressure as the doctor pushes on the needle.



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After:

- There are not usually any after effects. Some patients experience abdominal discomfort.
- You should spend the remainder of the day resting
- You may eat and
- drink normally
- In the unlikely event of any bleeding from the site, or you feel unwell; contact your own doctor immediately.
- You will receive a letter to discuss the results in clinic.

From 1st January 2019 smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

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