Having a Sinogram / Fistulogram

Department of Radiology
Information for Patients

Radiology Leaflet No. 26

University Hospitals of Leicester
NHS Trust
Caring at its best
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Introduction

If you are an outpatient please read your appointment letter carefully to check which hospital you must attend for your appointment.

What is a Sinogram?

This test is to show the track or sinus (passage) of a cavity in the body that opens out onto the skin surface. This is sometimes called a fistula.

How to prepare for the examination

No special preparation is required. If you are on medication from your doctor please continue to take it as normal. If there is any possibility that you may be pregnant please contact the Radiology Department immediately.
What happens during the examination?

You may be asked to change into a hospital gown. You will be taken into the X-ray room where the examination will be explained and you may ask any questions that you have.

Your skin will be washed with antiseptic solution and a small catheter (plastic tube) is inserted gently into the opening of the sinus on the skin surface. A small amount of contrast agent (a colourless liquid that shows up on X-rays) is injected through the catheter into the sinus and X-rays will be taken to show where the sinus goes.

When all the X-rays have been taken the catheter will be removed and your skin will be covered with a sterile dressing. If you normally use a stoma bag please bring a spare bag with you.

Important information

The contrast agent contains iodine. Please tell the X-ray staff on arrival if:

- You are allergic to iodine, have any other allergies or suffer from asthma.
- You have reacted previously to an intravenous contrast agent; the dye used for kidney X-rays and CT scanning.
- You are on renal dialysis or have any problems with your kidneys.

The radiographer will ask you a series of questions about your health before the test starts to see if you might be allergic to the contrast agent.
**Who does the procedure?**

A radiologist (specialist X-ray doctor) will perform the examination, which lasts about 15-30 minutes. As we are a teaching hospital a student may also be present. If you wish you can request that the student is not present during your examination.

**How do I get the results?**

The results will not be given to you immediately but an explanation of how to get your results will be given to you following your examination. If you are an inpatient the results will be given to the doctors looking after you on the ward.

**What happens after the examination?**

You will be able to leave immediately following the examination.

The area around the tube may be sticky if some of the contrast agent spills. The agent can be washed off if necessary.

There may be a small amount of bleeding from the sinus for a short time. If the bleeding does not stop please call your GP.

If you have any other problems after the test please see your GP.
Background Radiation

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 examination gives a dose on top of this natural background radiation.

The benefits of this examination outweigh any potential risk and the risk from not having the examination could be greater. We will take all safeguards to minimise the amount of X-rays you receive. The risks of radiation are slightly higher for an unborn child so we must ask female patients aged 10 to 55 years about their menstrual history.
Support for people with learning disabilities

There is support available in our hospitals for patients with learning disabilities. Please contact the learning disability specialist nursing team on (0116) 258 4382 telling them when the appointment is and what examination has been booked.

Other sources of information

Websites:

For general information about radiology departments visit the Royal College of Radiologists website: www.goingfora.com

For information about the effects of X-rays read the NRPB publication: ‘X-rays how safe are they’, on the Health Protection Agency website: www.HPA.org.uk

Please note that the views expressed in these websites, do not necessarily reflect the views of UHL or the NHS.

University Hospitals of Leicester website:
www.leicestershospitals.nhs.uk

NHS Direct: For health advice or information you can call NHS on: 111.
Additional hospital information

How was it for you?

If you wish to make any comments or suggestions regarding your visit to the Radiology Department please fill in a suggestion form or speak to a member of staff. Suggestion forms are located in all waiting areas within the department.

University Hospitals of Leicester NHS Trust also has a Patient Information and Liaison Service (PILS), and you are welcome to contact them on:

**Freephone:** 08081 788337

**email:** pils.complaints.compliments@uhl-tr.nhs.uk

We review our information leaflets on a regular basis. If you have any comments about how we can improve these leaflets please speak to a member of staff.
Additional hospital information (continued)

Directions and parking

For information about getting to the hospital please see the hospitals website:

www.leicestershospitals.nhs.uk/patients/getting-to-hospital

Hospital car parking is available to all hospital patients and visitors. Spaces are limited so please allow plenty of time to find a car parking space. Parking charges are payable, please check tariff boards or the hospital website for full details. As well as the hourly rates there are a range of saver tickets available for patients and prime carers. Dedicated disabled parking bays are also available.

Marked disabled bays exist outside of the public car parks for which there is no charge. If you park in the car parks the fee will apply.

Drop off bays exist at the main entrances, these bays have a 20 minutes maximum stay.

Certain qualifying benefits as notified by the Department of Social Security entitle the patient to free or reduced parking. For more information contact the Cashiers office.

Bus services to the hospital

Our aim is to ensure that there are car parking spaces available for those who really need to use them. We encourage you to use public transport or walk to the hospital if you are fit and well.

For information on bus routes and times contact Traveline on 0871 200 2233. The hospital Hopper service runs from Monday to Friday, every 30 min from 06:30 hours until 18:00 hours and every hour from 18:00 hours until 21:00 hours. The Hopper stops at our three hospital sites, as well as other key locations such as Leicester train station, Beaumont Leys centre and Hamilton centre and also St Nicholas circle.

www.leicestershospitals.nhs.uk/patients/getting-to-hospital/bus-travel/hospital-hopper-bus/
Relatives and escorts

You may wish to bring a friend or relative to accompany you to and from the Radiology Department when you have your examination although they may not always be allowed into the examination room. This may be useful if you do not understand English very well or if you have any special needs.

Children

Baby changing facilities are available. Please ask to be shown to them if you wish to use them.

We are unable to offer childcare facilities. If you need to bring your children with you, please bring along an adult who can supervise them whilst your examination is being carried out. Radiology staff are not able to supervise your children.

Facilities available:

Refreshments: Refreshments including hot and cold drinks are available in the hospital. Please ask a member of staff for directions.

Shops: Each hospital contains a shop selling magazines, newspapers, sweets and drinks. Please ask a member of staff for directions.

This leaflet has been produced with reference to guidelines from the Royal College of Radiologists.
Any questions?

If you have any questions write them down here to remind you what to ask when you speak to your consultant or nurse specialist.

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Today’s research is tomorrow’s care

We all benefit from research. Leicester’s Hospitals is a research active Trust so you may find that research is happening when you visit the hospital or your clinic.

If you are interested in finding out how you can become involved in a clinical trial or to find out more about taking part in research, please speak to your clinician or GP.