

Herniogram - A Patients Guide

What is a herniogram?

A herniogram is an X-ray test to demonstrate whether you have any hernias in your abdomen. A special dye visible on X-rays is injected into your abdomen while X-rays are taken.

How do I prepare for my examination?

No preparation is required for this examination.

What happens when I arrive?

On arrival in the X-Ray Department, you will be asked to change into a gown. Your clothes will be placed in a bag and brought with you to the examination room. When the time comes for your test, you will be asked to empty your bladder then taken into the X-Ray Room. If you are a woman of childbearing age, you will be asked if you are pregnant.

What does it involve?

The Radiologist will talk to you about exactly what is going to happen. A Radiographer, nurse and assistant may also be present. You will be asked to lie down on the x-ray couch and your abdominal area will be cleaned. The Dr will inject some local anaesthetic to numb the skin. A special x-ray dye is then injected through a small needle into your abdominal wall. The needle will then be taken out and the table will be moved to a standing position. You may be asked to turn and cough as x-ray images are taken. Once the test is complete you will be free to leave.

How will I get my results?

The Radiologist will want to carefully analyse the images later and provide a detailed report to the referring consultant or GP.

How long will it take?

Between 30-40 minutes.

After the examination

You will be able to dress and leave the department. You should be able to go home as soon as the test is finished.

Are there any side effects or after effects?

Your abdomen may feel a little sore afterwards

There should be no other side effects from this examination and you can eat and drink normally afterwards.