1. **WHAT IS A SINOGRAM?**

   A sinogram is a special x-ray procedure that is done to visualize any abnormal opening (sinus) in the body, following the injection of contrast media (x-ray dye) into the opening.

2. **DO I NEED TO FOLLOW ANY SPECIAL INSTRUCTIONS TO BE READY FOR A SINOGRAM?**

   If there is a possibility that you are pregnant, please inform your physician before the procedure, as the procedure may have to be postponed or cancelled.

   If you are unable to keep your appointment, please let us know as soon as possible.

   Should you be admitted to hospital, please inform your physician about your appointment.

   There are no diet restrictions before a sinogram.

3. **WHO WILL PERFORM THE PROCEDURE?**

   The procedure will be performed by a radiologist (a specialist medical doctor).

   An x-ray technologist will assist.

4. **WHAT HAPPENS TO ME DURING THE PROCEDURE?**

   The radiologist and/or technologist will ask you questions about your medical history and allergies. The procedure will be explained to you, and you will be asked to sign a consent form.

   If you are under 16 years old, your parent or guardian must sign the consent form.

   These questions are also asked:

   - Any previous x-ray dye injection?
   - When? Where?
   - Any problems or reactions to previous x-ray dye injections?
   - Any known allergies? Asthma?
   - Are you diabetic? Are you taking Glucophage (metformin)?
   - Any kidney or liver disease?

   You will be asked to change into a hospital gown.

   You will be lying on an x-ray table, covered with a sheet, with the area to be examined exposed.

   The area will be washed with antiseptic solution.

   A fine catheter (small tube) is then inserted into the opening of the sinus.

   Contrast media (x-ray dye) is then injected and x-ray images are taken.

   A technique called fluoroscopy will be used to allow the radiologist to watch images of the sinus on a monitor.

   Once the images of the sinus have been taken, the dye will be withdrawn, the area will be covered in sterile bandaging and you will be free to leave the Department.
5. **SHOULD I EXPECT ANY AFTER EFFECTS AS A RESULT OF THIS PROCEDURE?**

Any contrast media left in the sinus will be absorbed into your blood, collected by your kidneys and excreted when you urinate.

The contrast media will not affect the colour of your urine.

If you develop hives or itching, or experience any difficulty swallowing or breathing, contact your physician or go to the Emergency Department of the hospital nearest you.

6. **WHEN AND HOW WILL I KNOW THE RESULTS?**

Your physician will receive a written report from the radiologist.

You should obtain the results from your own physician.

If there is any urgency, your physician is more than welcome to contact us by telephone.

If you have any other questions or concerns that have not been answered here, please feel free to ask our staff. We are here for YOU - patient care is our number one priority!