



WHAT IS A SONOHYSTEROGRAM?

Sonohysterogram is a simple, relatively non-invasive technique for imaging the uterine cavity. It is often recommended if you are having irregular or abnormal bleeding. The procedure is performed in the office without anesthesia. A thin catheter (tube) is placed in the uterus. A vaginal ultrasound is performed while saline (sterile water) is injected into the uterus. The cavity is opened by the fluid, often showing the presence of fibroids or polyps.

PREPARATION

Women of menstruating age should be scheduled day 7-10 of your cycle. The first day of menstrual bleeding is day 1. Do not have any intercourse from the day you start your period until you have your sonohysterogram. Women who have gone through menopause or who do not have periods can be scheduled at any time. We prefer not to do this exam when you are bleeding. You may take 800mg of ibuprofen (4 tablets of over the counter Advil or Motrin) 1 hour prior to your appointment.

WHAT TO EXPECT

We allow an hour appointment for this procedure. Once you arrive, we will prepare the ultrasound exam room for your procedure. After being appropriately covered, we will place you in the gynecology examination position on the ultrasound table. The physician will then insert a speculum (just like when you have a pap smear) into the vagina. The physician will then wash your cervix off with Betadine, an iodine solution, to destroy any surface bacteria. Using sterile technique, a thin catheter (like spaghetti) will be inserted into the uterus. Once catheter is in place, the speculum will be removed and the vaginal ultrasound probe will be placed in the vagina. As we are imaging the uterus with ultrasound, the physician will gently instill 10 to 20 ccs (about 2 tablespoons) of saline (sterile water) into your endometrial cavity. The fluid will distend the cavity so the physician can have a better look at the cavity. When we are finished with the exam, the ultrasound probe and catheter will be removed. The most discomfort you may experience from the exam, may be cramping like menstrual cramps. If you do experience cramping, it will go away once the procedure is over.

AFTER THE PROCEDURE

You will have a watery, rusty and pinkish discharge after the procedure, so we will provide you with a sanitary pad to protect your clothes. The physicians will discuss the results of the sonohysterogram with you after the exam. You may resume all normal activities after the procedure.