

SONOHYSTEROGRAM Patient Information Sheet

1. This is a diagnostic screening study, which combines transvaginal ultrasound with the infusion of a small amount of sterile saline solution into the uterus to visualize the endometrial cavity (inside of the uterus). The use of fluid contrast enhances the ability of ultrasound to outline the anatomy of the uterus.
2. Sonohysterography (SHG) may be used whenever we need to see the inside of the uterus. Postmenopausal or irregular bleeding, uterine fibroids or an enlarged uterus, infertility, recurrent miscarriage are all possible indications for this procedure.
3. The entire test takes 20 to 60 minutes. Usually is pain free or slightly uncomfortable (like a menstrual cramp). Mild to moderate cramping may be felt during saline solution infusion. SHG is usually performed between days 5 and 12 of the menstrual cycle. If you are taking an oral contraceptive, this test can be done at any time you are not menstruating.
4. Please take a pain reliever such as Advil, Motrin, or Tylenol prior to the procedure. Although some patients experience menstrual type cramps following the procedure, most women can resume their normal activities or return to work afterwards.
5. Although extremely safe, the major risks of this procedure are bleeding and infection, which occur very rarely.

AFTER PROCEDURE:

6. You may experience a light discharge and some vaginal spotting or bleeding (no more than regular period). Do not worry unless it is persistent or very heavy.
7. You may experience some mild to moderate lower abdominal cramps for 24-72 hours. This is best treated with Advil (Ibuprofen), which is sold over-the-counter.
8. To minimize the risk of infection: avoid manipulation of your cervix following the test for 72 hours (douching, tampons, intercourse, etc.).
9. Report the following danger signals to the office as soon as possible: fever greater than 101 degrees (especially if associated with shaking chills), increasing abdominal pain, or heavy vaginal bleeding.