

# Sonohysterogram

## What is a Sonohysterogram?

A Sonohysterography is an ultrasound-guided procedure used to better evaluate the uterine lining known as the endometrium. It is a more detailed ultrasound that can identify certain abnormalities of the lining of the uterus.

## Why is a Sonohysterogram performed?

A Sonohysterogram can help identify the underlying cause of many problems, including abnormal uterine bleeding, infertility, and reason for repeat miscarriages. It can detect abnormalities such as fibroids, polyps, Mullerian defects, and scar tissue.

## Why may a Sonohysterogram be canceled?

A Sonohysterogram cannot be performed if you:

- are pregnant
- have an active pelvic infection
- have uterine bleeding at the time of the procedure
- have an Intrauterine device in place

## What should I do to prepare for a Sonohysterogram?

If you have a normal cycle, this procedure is scheduled within 7-10 days of the first day of your menstrual cycle. This is to ensure there is no chance of pregnancy and ovulation has not started.

If you do not have a normal cycle, please let your scheduler know, and your OB/GYN may have to order bloodwork to ensure you are not pregnant when you schedule your exam. This bloodwork should be performed 48-72 hours before your procedure.

Your physician may recommend that you take an over-the-counter pain reliever an hour before the procedure. This can help with cramps you might experience during or after the exam. Please discuss this with your doctor prior to the appointment.

Most people can drive themselves home after the Sonohysterogram, but you may not feel well after the procedure, so you may want to make arrangements for someone to drive you home. Significant others are welcome to wait in the lobby. Children are not allowed in the imaging suite, nor is child care provided.

It is advised to wear comfortable undergarments, which will support wearing a pad post-procedure as you may have some discharge/bleeding. Undergarments will not be provided.

You may be asked to provide a urine sample; it is advised to arrive with a partially full bladder.

## How is the Sonohysterogram done?

A complete external/internal pelvic ultrasound will be performed before the procedure, which could last up to one hour.

Before the procedure starts you will be given a hospital gown and asked to undress from the waist down. During a Sonohysterogram you will be awake and lying down with your knees bent. A speculum will then be placed by the provider to open up your vagina in order to visualize the cervix. The radiologist will then clean the cervix with betadine (if you are allergic to iodine, a soap alternative will be used). A catheter is then inserted into the uterus via the cervix. There may be a sensation of pressure or tugging. Once inserted, a balloon will be inflated to ensure the catheter stays in place. There may be a strong sensation of cramping, which lasts 15-20 seconds. The speculum is then removed and a slim wand called a transducer is placed into your vagina. This wand is wrapped with a sterile plastic cover with special ultrasound gel. Saline (water) is then inserted through the catheter into the lining of the uterus, during which you will experience some cramping. The ultrasound technologist will then image the uterus for pathology, which can take 5 to 10 minutes with the transvaginal ultrasound probe.

## After the procedure

After the Sonohysterogram, you can expect to have some vaginal discharge as the fluid drains out of the uterus. The fluid may be tinged with blood. A pad can be used for the bleeding, which we will provide. Do not use a tampon. You may experience some cramping or may feel sick to your stomach.

For 48 hours after the exam, it is advised that the patient not have sex, wear tampons, and not douche. Bathing or swimming is also not recommended; however, showering is fine.

If you experience heavy bleeding, passing blood clots, fever, or a foul-smelling discharge, please reach out to the ordering provider.

## Receiving your Sonohysterogram results

After the procedure, the performing Radiologist will give you a preliminary report. This may change after further review of the images and comparison to previous exams. Typically, the results are released to the patient via MyChart and to the ordering provider by the next business day. Your ordering provider will then review the results with you at your next visit or once the results are received.

If you would like a CD with images, please reach out to the Film Library at 832-822-1202.

To schedule your Sonohysterogram appointment, please call our Scheduling Department at 832-824-9729 on the first day you start your cycle. If you have abnormal cycles, please call and let your scheduler know, and they will schedule your procedure within an appropriate time.