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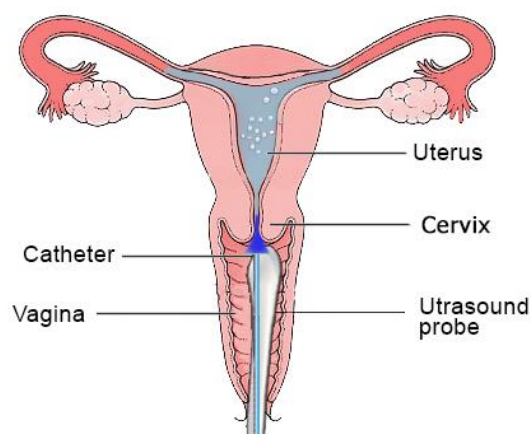
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## Sonohysterograms



A Sonohysterogram consists of imaging of the uterus and uterine cavity using ultrasonography while sterile saline is instilled into the uterine cavity. A small plastic catheter (a hollow tube) is connected to the container of saline solution and then inserted through the vagina into the uterus. The saline is introduced into the uterus to distend the cavity to allow careful examination of the uterine structures and lining while using the transvaginal ultrasound probe.

**Why a Sonohysterogram:** Many times a Sonohysterogram is scheduled after a standard ultrasound, a trans-vaginal ultrasound or an endometrial biopsy have already been performed. A Sonohysterogram can help diagnose many medical issues including uterine polyps, fibroids and blocked tubes. You will need to plan your appointment around your menstrual cycle. Your Sonohysterogram appointment should be scheduled for the fifth through the eleventh day of your menstrual cycle.

**What to expect:** A speculum will be placed in the vagina as with a Pap smear. The cervix will be cleansed with an antiseptic solution before the device is inserted. Cramps, dizziness, and/or some bleeding may occur and are common side effects.

**Preprocedure:** (before) An hour before your appointment you will want to take a pain relieving medication such as ibuprofen or acetaminophen. Pre-medicating will help reduce the amount of pain from cramping during the Sonohysterogram.

**Postprocedure:** (after) After your appointment you may experience mild to moderate saline discharge, cramping and spotting. Having a pad ready to use after the procedure will make you feel more comfortable.