

Sonohysterogram

Your doctor has recommended Sonohysterogram to help in diagnosing and planning treatment for your gynecologic problem. There are a few things we would like you to know before scheduling this office procedure.

Obviously, Sonohysterogram should never be done during pregnancy, and so it is important that you **DO NOT HAVE UNPROTECTED SEX** from the time of your last normal period until you have had this procedure done. It is a good idea to refrain from sex for 48 hours after Sonohysterogram to prevent infection.

Ideally, Sonohysterogram should be done between **CYCLE DAYS #6-10** (with cycle day #1 being the first day of your period). When you call to schedule the procedure, please tell the receptionist when you anticipate these days will be. If your insurance policy requires you to have an authorization for this procedure, you will need to obtain this before scheduling the appointment.

About **AN HOUR BEFORE YOUR APPOINTMENT**, we recommend that you **TAKE 2 IBUPROFEN (OR TYLENOL)**, because the procedure may cause menstrual-type cramping. When you come in for Sonohysterogram, our Ultrasonographer will begin the evaluation with a series of ultrasound measurements of your uterus and ovaries. At that point, your doctor will join you, and will review the ultrasound images and then perform the Sonohysterogram. The procedure itself only takes 1-2 minutes, and you will be able to see the picture on the ultrasound TV screen while it is being done.

In a Sonohysterogram, your doctor will first place a speculum in your vagina, insert a very small catheter through the cervix, and then instill a small amount of sterile saline into the cavity of the uterus. The fluid makes it possible to see the uterine cavity in 3-dimensional views, which makes diagnosing a variety of gynecologic problems much easier. More ultrasound pictures will then be taken, and then the catheter will be removed. It is not possible to withdraw the saline, so you will notice it running out of your vagina for a while afterward. We will give you a sanitary pad to wear during the rest of the day.

Your spouse or support person, while not in the ultrasound suite during the procedure, will be welcome to accompany you to speak with your doctor afterward if you wish. Your doctor will explain the Sonohysterogram findings to you right after the procedure, and you will then discuss a plan together for whatever treatment may be indicated. There will be ample time for you to ask any questions that you may have.

We look forward to seeing you again soon.