

SONOHYSTEROGRAMS

This procedure should be done just **AFTER** your menstrual cycle has ended (approx. day 6-12).

Please arrive a few minutes before exam time to check in and take care of any paperwork /copayment needed ,so the ultrasound can start promptly @

APPOINTMENT DATE AND TIME:_____

SONOHYSTEROGRAMS

A sonohysterogram is a procedure in which a tiny catheter is inserted through the cervix and into the uterus. A small amount of sterile water is infused into the catheter which allows the lining of the uterus to be more clearly seen.

This procedure uses vaginal ultrasound and is usually pain free or slightly uncomfortable (like a menstrual cramp). It is very useful for determining if there are small polyps or fibroids in the uterus.

This is when the lining is at its thinnest.

INSTRUCTIONS:

FINISH drinking 32oz of fluid 1 hour before scheduled exam time. **DO NOT VOID**. An initial view of the pelvic organs will be done with the full bladder. You will then be allowed to empty your bladder and a vaginal ultrasound will be done to get a closer look at the uterine lining. After this initial viewing by the ultrasonographer, your provider will come into the ultrasound room to perform the sonohysterogram. We also suggest that patients take 600mg of ibuprofen or pain reliever before appt. to ease any cramping that may occur during the exam.