



## Cascade Women's Health, PC

GYNECOLOGY SPECIALISTS • PHYSICIANS AND SURGEONS

1040 N.W. 22nd Avenue ~ Suite 330 ~ Portland, OR 97210

Phone 503 274-9936 ~ Fax 503 274-2660 ~ Toll free 877 359-6636

[www.CascadeWomensHealth.org](http://www.CascadeWomensHealth.org)

## Sonohysterogram

### Definition:

Sonohysterogram is the use of fluid (saline) instillation into the uterus, coupled with ultrasound, which provides a means to evaluate the endometrium (lining of the uterus). The fluid in the uterus makes it easier to see polyps and fibroid on the lining.

### Indications:

Any abnormal uterine bleeding, including post-menopausal bleeding, frequent and/or heavy bleeding and/or bleeding between periods.

### Before the Procedure:

Sonohysterogram may cause some cramping as the procedure is being performed. You may take two Extra Strength Tylenol or 2-4 Ibuprofen 200 mg. approximately one hour before the procedure. These medications may also be used for any discomfort after the procedure. A heating pad on the lower abdomen is also helpful.

### Procedure:

The procedure will be done in the ultrasound room. Just as with a pelvic exam, you will lie on your back and place your feet in stirrups. A speculum is inserted into the vagina. The cervix is cleansed with an antiseptic solution. A small straw-like catheter is inserted into the cervix and the speculum is removed, leaving the catheter in place. The ultrasound probe is then placed in the vagina beside the catheter. Sterile saline is injected into the uterus through the catheter. As the saline is injected, the interior of the uterus is viewed on the ultrasound monitor. Pictures are taken to document the findings. When the pictures are completed, the ultrasound probe is removed.

### What to expect after the procedure:

1. You may have a few days of light to bright red bleeding.
2. Avoid tampons for at least one week to prevent any infection.
3. Do not have intercourse for one week.
4. Douching is never recommended.
5. Wear plain (not deodorant) pads.
6. You may shower or bathe as usual
7. Your normal menstrual cycle may be disrupted by the procedure.

### Call our office:

1. If you have unusually heavy vaginal bleeding – soaking a pad per hour.
2. If you have a fever over 100.4 degrees.
3. If you have persistent pain that is not relieved with Tylenol or Ibuprofen.