

SONOHYSTEROGRAM

What is a sonohysterogram?

A sonohysterogram is a procedure that uses an ultrasound, which provides information about the inside of the uterus. This is similar to an ultrasound on your belly, but the wand is inserted into your vagina instead of being placed on your stomach.

Why is a sonohysterogram needed?

A sonohysterogram can help diagnose uterine fibroids (non-cancerous growths), polyps (an overgrowth of cells), and abnormal shapes of the uterine cavity.

What happens during the procedure?

A speculum will be inserted into your vagina, which is the same instrument used during a Pap smear. This allows your provider to see your cervix (the opening to your uterus). A soft, plastic tube will be inserted into the uterus through your cervix. The speculum will then be removed and the provider will inject a small amount of salt water into your uterus through the tube. You may experience mild cramping when the saline is injected. An ultrasound wand will be used to get a picture of your uterus on an ultrasound monitor.

What are the risks?

- Mild to moderate cramping during and after the procedure
- Leaking saline from the vagina. Plan to wear a pad for the rest of the day after the procedure.
- Bleeding
- A small risk of infection

What should I do to prepare for the procedure?

- You will need to schedule the procedure after your period starts, but before you ovulate (this is usually between days 7 and 12 of your menstrual cycle, with day 1 being the first day of your period).
- If you are not allergic, you may take 800 milligrams of ibuprofen (4 regular-strength tablets of Advil or Motrin) 1 hour before the procedure.
- You will be asked to empty your bladder before the procedure to allow for a clear view of your uterus.

What should I expect after the procedure?

You will be able to drive yourself home after this procedure. You may bring someone to drive you if you would like.

You may experience light bleeding and/or cramping for a few days after the procedure. You may take an over-the-counter (OTC) pain reliever such as Motrin or Advil for cramping.

You may also leak salt water for a day or two. You may wear a pad.

There are no restrictions on your activities.

Call your doctor if you experience:

- Heavy vaginal bleeding (soaking more than 1 pad an hour)
- Foul-smelling vaginal discharge
- Pain that is not relieved by an OTC pain reliever
- Fever greater than 100.4 degrees Fahrenheit

Office number: **(404) 778-3401**, Monday – Friday 8:00 AM – 5:00 PM

- For emergencies after hours, calling this number will connect you to the operator, who will page the OBGYN physician on call.

Additional instructions:

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 Building A, 4th Floor
 1365 Clifton Road, NE
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 404-778-3401

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