

SONOHYSTEROGRAM
INSTRUCTIONS

You have been asked to return for an additional test that will help determine the health of your uterine lining, and will identify such abnormalities as polyps, fibroids or other causes of uterine bleeding.

The test involves placing a very narrow catheter into the cervical opening and instilling a small amount of sterile saline into the uterus while you are being scanned. The procedure takes approximately 5-10 minutes.

There may be some cramping while the saline is introduced but there is no cramping or pain afterward.

When you make your appointment, please tell the appointment staff that you need to schedule a sonohysterogram or a sonogram with water. You will need to schedule this test on day 5 through 14 of your cycle if you are still menstruating. Otherwise, it may be scheduled at any time. If you are calling the office for an appointment, call on the first day of your period and you will be given an appointment within 12 days.

Please take Advil or Aleve, unless you are allergic, once hour prior to your appointment and please arrive on time as the room is being held for you.

Afterwards, you may have a small amount of watery discharge and will be given a sanitary pad while you are here. It is fine to use tampons if you prefer. You should NOT experience any pain, cramping or fever resulting from this test and should be fine to return to your normal activities. If you do have any symptoms that concern you, please call our office immediately and have a pharmacy telephone ready. We will likely prescribe antibiotics for you or ask you to come in to be seen.