

# Sonohysterogram

## Sonohysterogram

A sonohysterogram is an exam done to see the uterine endometrial canal. This is the lining that you shed every month during your menstrual period. This exam allows your health care provider to look for anything abnormal inside or around the canal.

This exam will take about 1 hour.

It is recommended that you schedule your sonohysterogram the week after your period. If you have any heavy bleeding on the day of your exam, please reschedule your appointment.

It is important to understand your health care benefits before your exam. Please call your insurance provider to find out exactly what is and isn't covered under your plan, and how much you have to pay yourself.

## Before the Exam

- There are no special instructions.
- You may have some mild cramping and discomfort after the exam. You may take 650 milligrams (mg) of acetaminophen (such as Tylenol®) **or** 600 to 800 mg of ibuprofen (such as Advil® or Motrin®) **1 hour before** the exam.
- You may empty your bladder before the exam.
- Tell the sonographer if you have an allergy to iodine.
- You may have a urine pregnancy test.

## During the Exam

- You will be asked to undress from the waist down. You will lie on your back on the exam table. Your buttocks will be at the edge of the table and your feet will be placed in foot rests. You will have a sheet draped over your hips and stomach.
- The sonographer will perform a vaginal ultrasound. An endovaginal ultrasound probe will be placed into your vagina and images will be taken before the sonohysterogram.
- Your health care provider will gently insert a speculum into your vagina to open it.
- Your cervix will be cleaned with a special soap to reduce the risk of infection.
- After your cervix is cleaned a small catheter (thin, flexible tube) is inserted into your uterus.
- The speculum is removed and the probe is inserted into your vagina.
- A sterile saline solution is injected through the catheter. This will open the canal so your health care provider can look for any abnormal tissue. Images will also be taken of the canal.
- When the exam is done, the probe and catheter are removed.

**(over)**

## After the Exam

- You may return to your normal activities.
- You may have some vaginal spotting. This should not last more than 1 day.
- You may have some mild cramping and discomfort.
- Your health care provider will give you your results and recommended next steps within 2 weeks after the exam.

## When To Call Your Health Care Provider

Call your health care provider if you have:

- abdominal pain
- a temperature higher than 100.4 F
- heavy vaginal bleeding (soak a pad every hour).