



Sonohysterogram

What is a Sonohysterogram?

It is a test in which 5-10ml of sterile saline (salt water) is infused through your cervix and up into your uterus. By using the saline, the inside cavity of the uterus can be seen more clearly with ultrasound. This test helps to identify polyps or fibroids (both benign) in your uterine cavity and can help to determine if your uterus has an abnormal shape. A contrast fluid may be used to assess the Fallopian Tubes. The fluid is a nontoxic foam that has been tested extensively for safety and has no serious side effects. It allows us to better visualize the Fallopian Tubes to see if they are open.

To book the appointment for the sonohysterogram:

Please call the clinic at 905-634-4440 on cycle Day 1 of your menstrual cycle to book your “sono”. Please do not have unprotected intercourse that month until after the test is done.

Day of Procedure:

You will need a full bladder for this examination. Please FINISH drinking three 8 oz. glasses of water 1 hour prior to your appointment time and do not empty your bladder. If you are uncomfortable while waiting for your appointment, please notify reception. If you're not allergic to ibuprofen or aspirin (ASA), please take 400mg of Advil or Motrin, 30 minutes before the test. Otherwise use Tylenol or a pain medication that is safe for you. ****NOTE: Advil and Motrin should not be taken if you have an allergy to aspirin****

Please arrive 10 min early for your appointment and check in at the front desk. If ordered by your doctor, a blood test may be performed first to determine your hormone levels. A Sonographer will then call you for your sonohysterogram. An external pelvic ultrasound will be done first (on top of your abdomen). You will then be asked to completely empty your bladder and the sonographer will perform a vaginal (internal) ultrasound. Lastly a doctor will come into the room to do the sonohysterogram. On completion of the test, the doctor will discuss your sonohysterogram results and advise you when to return for your next cycle monitoring visit.

During the test:

There may be some cramping when the catheter is placed and during the procedure. Saline and possibly contrast fluid is then gently injected through the catheter into your uterus while a transvaginal ultrasound scan is performed. You may feel menstrual-like cramping throughout the procedure. In rare occasions the patient may experience severe cramping and light headedness. Please advise the doctor if you have any other concerns during the procedure.

After the test:

You may have some light spotting and water draining from your vagina for 1-2 days. The fluid is the saline used during the test. You may want to have someone accompany you, as you may not feel up to driving if you have cramps. If you experience fever, foul discharge, moderate to severe pain, or any other complications after sonohysterogram, please call the nurses at 905-634-4440 ext 2 or after hours page the doctor on call at 905-521-2100 ext. 76443.