

## Sonohysterogram

A sonohysterogram is a safe and simple way to view the uterus. It is performed in the office without anesthesia.

### Getting Ready

You should schedule this between day 4-12 of your menstrual cycle, if you can. The first day of your period is day 1 of your cycle. We prefer not to do it when you are bleeding as it will be hard to see the uterus clearly. If you do not have periods, you can schedule it at any time.

Do not have sex from day 1 of your cycle until your visit. If you do not have periods or they are irregular, do not have sex for at least 10 days before your visit.

Please do not go to the bathroom once you arrive in clinic. You may need to leave a urine sample.

You may take 400-800mg ibuprofen 1 hour before to help with any discomfort.

### During the Procedure

1. We will place a thin catheter (tube) in the uterus.
2. We will perform a vaginal ultrasound while we inject saline (sterile water) into the uterus to open it up.
3. We will look at the uterine lining and check for fibroids or polyps.
4. We may also suggest doing a biopsy. If so, we will take a small sample of your uterine lining to send to the lab for review.

### After the Procedure

You may have a watery, rusty colored and pinkish discharge. You may also have cramping for about 24 hours. You can take an over-the-counter pain reliever. A doctor will review your images and send the results to your referring provider. You may resume your normal routine the next day.

Call your clinic if you have any questions or concerns.