Sonohysterogram

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

When to Schedule the Test
You should schedule this test between day 4-12 of your menstrual cycle, unless directed otherwise by your care team. 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.

Sex
If you are of reproductive age, you **must use birth control** if you have sex during the 14 days prior to your test. This means you must:

- Use birth control pills without missing or being late with a pill
- Have a current Depo Provera injection
- Have Nexplanon or IUD in place
- Use condoms each time and use them correctly
- Have had your tubes tied
- Have a partner who has had a vasectomy
- Have already gone through menopause

Urine Sample
Upon arrival, we will ask that you leave a urine sample. Please **do not** go to the bathroom. Until you have checked in for your appointment. We will need to test you for pregnancy if you have not gone through menopause.

If you **do not** follow these instructions, or have a positive pregnancy test, we may ask to reschedule your visit.

Preventing Pain
You may take 800mg ibuprofen 1 hour before to help with any pain.

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. You may resume your normal routine the next day.

Results
A doctor will review your images and send the results to your referring provider.

When to Call
Call your clinic if you have any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2025 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#8196.