

## 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 provider. 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 between 12-55 years of 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

Please **do not** go to the bathroom once you arrive in clinic. We will ask that you leave a urine sample. 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 400-800mg 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.