

Preparation Information for Sonohysterography

It is important to us that you clearly understand your procedure and know what to expect. Your physician has ordered a sonohysterogram to be performed. Sonohysterograms are ordered for two different types of patients:

1. If you have suffered abnormal bleeding, this procedure is done to distinguish two types of abnormal bleeding. One can be due to abnormal levels in your hormones, and the other may be due to the presence of a little extra piece of tissue in your uterus called a polyp or a sub mucosal fibroid. If you have had difficulties in keeping an early pregnancy we will do this examination to detect whether scars or small lumps of tissue in your uterus may have caused you to miscarry. This is called saline sonohystero.
2. If you have trouble getting pregnant, we do a similar procedure, but we will also inject a little air in your tubes to make sure they are open. This is called air-sonohystero.

The Procedure

1. The physician will place a finger inside your vagina to feel the location of your cervix.
2. Once your cervix is located, we will place a plastic speculum inside your vagina. This is the same instrument your gynecologist uses to obtain your PAP smear. You will feel some pressure and feel the lubricant which is KY or ultrasound gel. You will hear a little clicking noise as we set the speculum. This is a normal noise.
3. Then we will wipe the secretions with some cotton, and clean the cervix so that germs do not enter the uterus. We will then place the tubing. You will feel some manipulations, but this should not be painful. Rarely a patient will feel when the tubing bumps on the kink of the uterus (the isthmus) or when the tubing touches the fundus of the uterus, but this is very rare. If this happens to you let us know, and we will try to reorient the catheter.
4. When the catheter is in place, we will withdraw the speculum, but not completely so that it does not pinch the catheter out. This may be a little uncomfortable, but you will be told when it happens so that you can be prepared.
5. Once the speculum is removed and the catheter is in place, we will then connect a syringe filled with sterile fluid, and reinsert the transducer. You will now be able to see on the screen the fluid filling the cavity of your uterus.

From then on the procedure is slightly different for saline sonohystero than for air and saline sonohystero.

Saline sonohystero

We will hold a catheter along your inner thigh to avoid dislodging it and the sonographer will re-insert the ultrasound transducer. We will then connect a syringe filled with sterile fluid, injecting approximately 1 oz of the sterile saline with ultrasound guidance while taking several pictures. You will be able to see the fluid filling the cavity of your uterus on the screen. Occasionally as we inject the fluid, patients may experience some cramping similar to menstrual cramps. If this happens, please let us know and we will slow down the fluid flow. Rarely, a cervix may not retain the fluid and we may have to use a balloon catheter and a procedure (below) for air and saline sonohysterography.

Air & Saline sonohysterography (to check tubal patency)

1. We will inflate the small balloon (the size of a finger tip) in the uterus and some patients experience some cramping with this procedure. The balloon on the catheter is used to seal the inside opening of the cervix, and we will then pull gently on the balloon to make sure it seals the inner side of the cervix. You may feel a slight tugging sensation and a hand resting on the top aspect of your vagina, pubic bone and/or your clitoris. This is normal and will only last while we inject the bubbles.
2. We will connect a syringe filled with sterile fluid, and reinsert the transducer. You will now be able to view the fluid filling the cavity of your uterus and bubbles traveling through your tubes. Occasionally as we inject, you may experience some cramping similar to menstrual cramps. If this happens, let us know and we will slow down the flow of the fluid. Occasionally, if your tubes are open, you may feel some discomfort in your shoulder (usually the right one), which should reassure you that your tubes are open.

The results of your procedure will be available immediately once the injections are completed. After the examination we will let you sit up for a few minutes to drain the fluid out of you (this is why we put a towel under you). You can then dress up and leave. Be aware that we have used some brown soap, and that you may experience some brown discharge.

I have read the above description of the procedure. I understand and give my consent to receive the sonohysterogram.

Patient Signature

Date

Patient Printed Name