

SONOHYSTEROGRAM (or SALINE-INFUSION SONOGRAM)

A sonohysterogram or saline-infusion sonogram (“SIS”) is a specialized ultrasound of your uterine cavity to identify and characterize abnormalities such as fibroids, polyps, scarring, and congenital malformations.

You should call the office on the first day of your menstrual flow (day 1). This test is scheduled between cycle days 5 and 12, and is performed in the office as a brief procedure. There is no preparation for this test, and you may have your usual diet.

To begin, you will be placed on the examining table and positioned on foot rests as with a pelvic examination. Your physician will place a speculum to visualize your cervix and clean with an iodine-based solution before placement of a thin catheter into the lower portion of the uterine cavity. Once the catheter is in place, the speculum is removed, and the transvaginal ultrasound probe will be inserted vaginally to visualize the catheter. Using gentle pressure with a syringe, sterile water is then placed into the uterine cavity for direct visualization of any abnormalities under ultrasound.

Occasionally, you may experience some light cramping and/or some light bleeding or watery discharge after the test. This will usually resolve within 48 hours. If pain or bleeding continue beyond this time, or if a fever develops, you should contact our office immediately for further instruction.