



Sonohysterogram Procedure

What is a Sonohysterogram?

A Sonohysterogram is a procedure done under the guidance of an ultrasound machine to provide a more detailed view of the uterus and its anatomy and is often done to evaluate issues such as irregular bleeding, uterine fibroids or recurrent miscarriages. It is not terribly painful, although some mild cramping may be experienced during the procedure.

What happens during the procedure

You will position yourself as you would during a pap or pelvic exam, and a speculum will be inserted into your vagina. A thin, flexible catheter is inserted through your vagina and cervix into your uterus. The catheter has a small balloon at its tip which is inflated once the catheter is in the uterus to ensure that it stays in place during the procedure. Saline solution is injected through the catheter into the uterus, allowing your provider to visualize the inside of your uterine cavity. After the catheter is in place, the speculum is removed and an ultrasound probe is inserted in the vagina. Your provider is now able to see an ultrasound picture of the inside of the uterine cavity and is able to look for any abnormalities. Ultrasound pictures will be taken at various points during the procedure.

How to prepare for your procedure

Please ensure that you have an empty bladder prior to your appointment. As with any pelvic exam, relaxation can help you feel more comfortable. Try to keep your legs relaxed during the procedure.

Because cramping may occur during the procedure, please take an over-the-counter medication like ibuprofen or Aleve about 45 minutes prior to your appointment.

If any bleeding occurs on the day of your procedure (before the appointment), please call our office and ask to speak with a nurse to check if it needs to be rescheduled. You can also call our office if you have any questions on this procedure (608-729-6300).

Your appointment is _____ . Due to the resources needed for this procedure, LATE ARRIVALS WILL BE RESCHEDULED.