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Sonohysterogram

Definition:

Sonohysterogram is the use of fluid (saline) instillation into the uterus, coupled with ultrasound, which provides a means to evaluate the endometrium (lining of the uterus).

Indications:

Any abnormal uterine bleeding, including post-menopausal bleeding, frequent and/or heavy bleeding and/or bleeding between periods.

Before the Procedure:

Sonohysterogram may cause some cramping as the procedure is being performed. You may take two Extra Strength Tylenol or two Ibuprofen 200 mg. approximately one hour before the procedure. These medications may also be used for any discomfort after the procedure.

Procedure:

The procedure will be done in the ultrasound room. Just as with a Pap test, you will lie on your back and place your feet in stirrups. A speculum is inserted into the vagina. The cervix is cleansed with an antiseptic solution. A small straw-like catheter is inserted into the cervix and the speculum is removed, leaving the catheter in place. The ultrasound probe is then placed in the vagina beside the catheter. Sterile saline is injected into the uterus through the catheter. As the saline is injected, the interior of the uterus is viewed on the ultrasound monitor. Pictures are taken to document the findings. When the pictures are completed, the ultrasound probe is removed. At this time the physician may or may not do an endometrial biopsy.

An endometrial biopsy is the removal of a small amount of tissue from the lining of the uterus (endometrium). The biopsy is taken through the catheter which is already in place. The tissue is sent to a pathology laboratory for evaluation. Once the biopsy is taken, the catheter is removed. A small amount of saline may run out at this time. Following the procedure, some women experience flushing and a pounding sensation in their head. This can usually be avoided by continuing to lie down for a few minutes after the procedure is completed. If you feel faint after standing up, sit or lie down immediately.

What to expect after the procedure:

1. You may have a few days of light to bright red bleeding.
2. Avoid tampons for at least one week to prevent any infection.
3. Do not have intercourse for one week.
4. Do not douche for one week.
5. Wear plain (not deodorant) pads.
6. You may shower or bathe as usual
7. Your normal menstrual cycle may be disrupted by the procedure.

Call our office or the Physicians' Answering Service:

1. If you have unusually heavy vaginal bleeding – soaking a pad per hour.
2. If you have a fever over 100 degrees.
3. If you have persistent pain that is not relieved with Tylenol or Ibuprofen.
4. If you have an endometrial biopsy done and you have not received the results in seven days.

Insurance and Billing:

There will be a fee charged by our office and the pathology lab if an endometrial biopsy was done. Please check with your insurance company to see if any pre-certification of this procedure is necessary. Please document the phone number you call, the person with whom you speak and what information they give you.