

# TARA



*Imaging for Women*

## SONOHYSTEROGRAM

1 Tyler St, Campbelltown

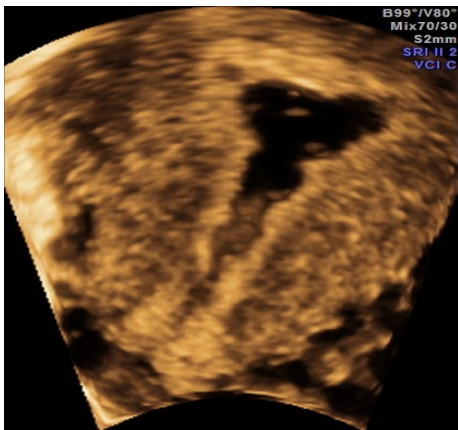
For appointments please call  
46256585

### What is a Sonohysterogram?

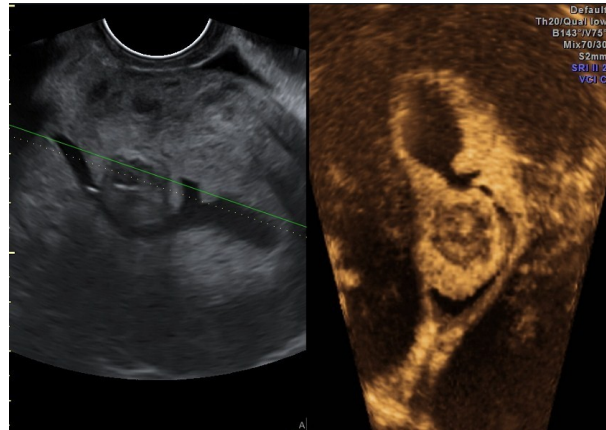
Sonohysterogram is a procedure in which a small amount of sterile saline is injected in the uterine cavity. The saline provides a black background against which abnormalities in the uterine cavity can be seen clearly on ultrasound.

### Why is it performed?

Sonohysterogram is a method of assessing the endometrium and the shape of the cavity. It is commonly performed when the lining of the uterus is thickened, for suspected polyps and women on Tamoxifen. It is also used to assess uterine abnormalities like bicornuate or septate uterus in women with history of recurrent miscarriages or premature delivery.



Jagged edges representing adhesions



Fibroid and polyps on sonohysterogram

### When is it done?

The best time for the procedure is just after your period has finished and before ovulation usually day 5 to day 10 of your cycle. This ensures that the procedure does not interfere with a possible early pregnancy.

## What preparation is needed ?

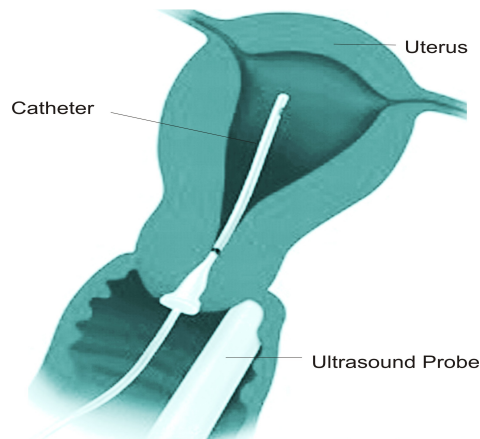
You can eat and drink normally. Take 2 naprogesic tablets one hour before the procedure and drink 2 glasses of water. Naprogesics work best for pelvic pain.

## How long does it take?

The procedure itself takes a few minutes . We do advise that you allow at least 45 min to 1 hour from the time you come in to the time you leave.

## How is the procedure performed?

First we insert a sterile vaginal speculum. This is similar to having a Pap smear. This allows us to see your cervix and insert a sterile flexible soft tube into the uterus. The cervix is rinsed with an antiseptic solution before the insertion of the catheter. A plastic stopper is gently put at the end of the cervix to stop the saline water flowing back out. The speculum is then removed and the vaginal ultrasound probe is inserted in the vagina to capture images while the sterile saline is gently instilled into the uterine cavity. Once the imaging is completed both the catheter and the probe are taken out at the same time. You may need to wear a pad after the procedure as some water may continue to drain.



## Is it Painful?

The procedure is not usually painful however some women describe it as being uncomfortable or having mild cramping. The naprogesic tablets that are taken 1 hour before the procedure help in decreasing the discomfort.

## Are there any risks?

Some women can feel faint after the procedure. This is a side effect of having a catheter dilate the cervix and will settle with 10 -20 mins of rest. There may be some spotting as a plastic catheter has been inserted into the lining of the uterus. The most serious complication is the risk of infection that occurs in less than 1% of women usually when there is a history of pelvic infection in the past. We encourage you to talk to your doctor who may advise you to have some antibiotics prior to the procedure.

## Can I drive after the procedure?

Most women are able to drive after the procedure. However you may have discomfort or cramps during the procedure and it is best if you come with a support person who can drive you after the procedure.

