

## HYSTEROSONOGRAM

Your physician has asked that you undergo a procedure known as a Hysterosonogram. This is an ultrasound guided test which looks specifically at the lining of your uterus and possibly the fallopian tubes as well. This test is conducted in the Ultrasound Department by an Ultrasound Technologist, as well as physician skilled in the procedure. This physician could either be a radiologist or a Gynecologist.

The test itself involves an initial ultrasound either performed through the vagina or through the abdomen to determine the position of your uterus and the size of your ovaries. A speculum examination is then performed, at which time the cervix is well seen and cleansed with an antiseptic solution. A very small catheter is then placed through the cervix into the uterus. This catheter has a small balloon on the end. This balloon is inflated with a small amount of sterile water. The speculum is then removed from the vagina and an ultrasound probe is placed into the vagina. While visualizing the uterus with ultrasound, a small amount of sterile saline (salt water) is injected slowly into your uterus. This fills the uterine cavity and demonstrates any polyps or fibroids which may be protruding into the uterine cavity. Once the uterine cavity has been well seen, it is possible that a second fluid (echovist) will be placed into the uterus that allows the tube to be seen. This will determine if the tubes are open. Not all hysterosonograms will require a study of a tubes as well.

During the exam itself, you may feel some discomfort as the catheter is placed through the cervix and as well when the small amount of saline is injected to the uterus. This may cause some cramping in most women. By and large, this cramping is minimal and stops as soon as the procedure is finished.

Many women find that taking a small amount of Ibuprofen or Naproxen (Advil) approximately 30 minutes before the scheduled time of the Hysterosonogram helps prevent and relieve any cramping. You are encouraged to take this medication, especially if you have problems with severe menstrual cramps.



The usual time for performing this test is in the morning at the Infertility & Assisted Conception Unit t, beginning between 1.00 - 3.30 pm. We ask that this test be performed in the first part of your menstrual cycle, between Day 6 and Day 10 of your cycle, to avoid the possibility of early pregnancy. The risks of the procedure are quite low, however, very rarely; the passage of the catheter into the uterus can reactivate an old infection or possibly start a new one. If you are at risk for any reason, the doctor who orders the hysterosonogram will often suggest antibiotics before this test.

After the test is performed, the test results will be sent to your physician. He or she will be able to describe the results of the test at your next visit. Should you have any problems after the procedure, including fevers, chills or worsening abdominal pain, you should inform your physician of these symptoms or go to the emergency hospital.

