



## Sonohysterogram

### Performed on Cycle Day 5-12

A sonohysterogram (SHG) is a procedure that tests for defects in the uterine lining (e.g., adhesions, fibroids, polyps) which could cause miscarriage or prevent a pregnancy from implanting. The test is performed in the first half of your menstrual cycle (after your period has ended, but before ovulation) to ensure that you are not pregnant at the time of the procedure.

The procedure itself takes less than twenty minutes. First, you will sign an informed consent form confirming that you are aware of the risks, benefits and alternatives to this test. Then, you will be brought into an exam room for the procedure. After undressing from the waist down, you will lie on the exam table and a speculum will be placed inside the vagina. To prevent infection, antiseptic will be placed on the cervix and vagina. Then, a small catheter is placed through the cervix and into the lowest part of the uterus. Next, a vaginal ultrasound probe will be placed inside the vagina. Then, a small amount of sterile saline will be introduced into the catheter and the uterus. Simultaneously, ultrasound images are collected to assess for uterine filling defects. You may feel some cramping when the catheter is placed or when the saline is being introduced, but it usually stops within a few minutes of completing the test. Taking Tylenol or Advil one hour prior to the SHG will help to minimize cramping.

Prior to this appointment you should consider taking Tylenol or Motrin to minimize any potential cramping. You can eat and drink normally prior to and after the procedure. Most women return to their normal activities after the test. However, you may experience vaginal spotting or discharge so we recommend that you abstain from sex on the day of this test.