

# Care Gram

## Sonohysterography

### Welcome

Welcome to the Licking Memorial Radiology Department. Your doctor has requested a sonohysterography (ultrasound of the uterus). A doctor and other staff members who specialize in this procedure will perform the test.

Please report to the Registration area on the Licking Memorial Hospital First Floor 20 minutes before your test to allow time for registration. Your test will take about 60 minutes.

### What Is Sonohysterography?

Sonohysterography is an ultrasound test used by your doctor to detect disorders of the uterus. This test is often done to find the cause of vaginal bleeding, pelvic pain, and infertility.

### How Does Sonohysterography Work?

Special sound waves (such as the sonar used by ships) are used to locate and examine your uterus. A small device called a transducer creates sound waves that are sent into the body and return as images, which can be seen on a video screen. These real-time images, along with sterile fluid inserted in the uterus, show structure and movement within the uterus, including blood flow.

### How Do I Prepare for the Test?

- This test should be performed one week after your menstrual period ends to avoid the risk of infection, unless instructed otherwise by your doctor.
- Bring a list of your current medicines with you to the test.
- Wear comfortable, loose-fitting clothing.
- You may be advised to take an over-the-counter medicine before the test to reduce stomach cramping that may occur from the sterile fluid used during the test.

### During Your Test

- You will be taken to the ultrasound area.
- You will be asked to change into a hospital gown.
- You will be asked to go to the bathroom and empty your bladder.
- The doctor will explain the test to you and have you sign a consent form.
- You will lie on the exam table in a position similar to a pelvic exam.
- Sonohysterography has three main steps:
  - An initial transvaginal ultrasound is performed. A small handheld transducer is placed in the vagina and ultrasound images are obtained of the internal organs.
  - The transducer is removed after the initial exam. A speculum is placed in the vagina. The vaginal area may be cleansed.



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- Next, a thin tube is inserted into the vagina and placed in the opening of the cervix. The speculum is then removed.
- The transducer is placed into the vagina again. A sterile fluid is slowly passed through the tube. Cramping may occur as the fluid goes into the uterus. When the uterus is filled with fluid, ultrasound images are made of the inside of the uterus and uterine lining.

**After Your Test**

- You may resume normal activities after the test.
- Cramping, spotting, light bleeding, or a watery discharge may occur for 1 to 2 days after the test.
- Call your doctor if you experience pain, fever, or a change in the amount or type of discharge on the first or second day after you go home.
- Results will be sent to your doctor.
- Please call us at (220) 564-4710 if you have any questions about the test.

