

Hysterosonogram

Appointment Information

Date: _____ Time: _____ Location: _____

Address: _____

Notes: _____

About

Hysterosonography (uterus ultrasound) is used to evaluate uterine abnormalities such as unexplained vaginal bleeding. Ultrasound images are captured in real-time and can show the structure and movement of the body's internal organs, as well as blood flowing through blood vessels.

A uterus ultrasound exam is a valuable technique for examining uterine abnormalities such as:

- Polyps
- Fibroids
- Endometrial Atrophy
- Endometrial Adhesions
- Malignant Lesions/Masses
- Congenital Defects

Preparations

You should wear comfortable, loose-fitting clothing on the day of your hysterosonogram. You may need to remove all clothing and jewelry in the area to be examined. It is best to perform a hysterosonogram one week after menstruation to avoid the risk of infection. At this time in the menstrual cycle, the endometrium is at its thinnest, which is the best time to determine if the endometrium is normal. The timing of the exam may vary, however, depending on the symptoms and their suspected origins. A hysterosonogram should not be performed if you are pregnant. No special preparation is required prior to the exam.

What you can expect:

Ultrasound examinations are painless and easily tolerated by most patients. The physician will place a small catheter into the uterus and sterile saline will slowly be injected into the uterine cavity. This will slightly inflate the uterus so that most abnormalities (polyps or fibroids) can be visualized with ultrasound. After the procedure, the saline will slowly drain out of the uterus, so you will need to wear a pad to protect your clothing. You may experience some light spotting (bleeding) after the procedure which is normal. After an ultrasound examination, you should be able to resume your normal activities immediately.