



# MGH Sonohysterography Instructions

PATIENT NAME: \_\_\_\_\_

LMP: \_\_\_\_\_

Stamp MGH Blue Card

***Check in:***

You will report to Yawkey 6, suite 6E, Ultrasound

***Purpose:***

This examination provides images of your uterus, uterine lining and ovaries. The scan is safe and there is no radiation involved.

***Preparation:***

For women of menstruating age, **the optimal time to have the test done is in the first half of the menstrual cycle, or within the first week following the end of menstruation.** Patients cannot be bleeding for the exam. Patients should take something for cramps one hour prior to examination. Medications can be taken prior to the exam. For post menopausal patients, the exam can be performed any time.

**Date of Last Menstrual Period** \_\_\_\_\_

***Examination:***

The test takes approximately one hour to perform and is done by a radiologist specializing in women's imaging with the assistance of an ultrasound technologist(sonographer). The first part of the test involves the performance of a transvaginal or internal ultrasound evaluation. For this, you should arrive in the department with an empty bladder. After being appropriately covered, we will place you in the GYN examination position on one of our ultrasound tables and gently insert an ultrasound probe covered with a sterile cover into your vagina. We will image your uterus, uterine lining, and ovaries during this time period. The second part of the examination will be the actual performance of the sonohysterogram. For this, we will cover your legs with a sterile drape and use a metal speculum in your vagina to identify your cervix. Your cervix will then be cleaned to help remove any surface bacteria. A small catheter (tube) will be inserted through the vagina into the central aspect of the uterus. Once the catheter is in place, the speculum will be removed. The transvaginal ultrasound device will then be reinserted into your

vagina. As we are watching with the transvaginal ultrasound device, we will gently instill approximately 10-20ccs. (a couple of tablespoons) of sterile fluid into your endometrial canal so that the canal may be distended and we may have a better look at the endometrial lining. We will obtain regular radiographic images during this phase of the examination, which lasts 10-15 minutes. The ultrasound device and then the catheter will be gently removed.

Some women experience mild to moderate cramping either during the insertion of the catheter into the cervix or during the filling of the uterus with the small amount of fluid. We generally advise that you take whatever medication you use for normal menstrual cramps approximately one hour prior to the test. Should you experience cramping within 24 hours following the test, continue to take that medication. If you know you are **allergic to latex products**, please let us know in advance as we will prepare somewhat differently to accommodate you. If you think you are pregnant, have an active pelvic infection, or are having your period on the day of the examination, we would not want to do the test. Please call us directly and we will make arrangements for you.

### ***Post procedure:***

We will provide ample opportunity for you to discuss the examination and ask any questions with our physician and technical staff. After the test, you may resume all normal activities. Your physician will discuss the results of your ultrasound examination with you.