



SONOHYSTEROGRAM ULTRASOUND

Patient: _____ Appointment Date: _____

Appointment Time: _____ am/pm

Location: Diagnostic Imaging Department, lower level at Mankato Clinic
1230 East Main Street, Mankato, MN 56001
Please enter the Mankato Clinic front door (marked #50)

Please check in at the Diagnostic Imaging Department.

If you are unable to keep your appointment or have questions, please call (507) 389-8570.

What is a Sonohysterogram?

A sonohysterogram ultrasound uses sound waves, not radiation, and combines endovaginal ultrasound with the infusion of a small amount of sterile saline solution into the uterus to visualize the endometrial cavity inside of the uterus.

How do I prepare for the test:

- There are no dietary restrictions for this test.
- There is no prep for this test.
- We recommend that you contact your insurance company prior to your appointment to understand what your coverage is for this test.
- To provide the best service and ensure your safety, young unsupervised children should not accompany parents to their Ultrasound appointments. Safety practices limit the number of people in the testing room and young children are not to be left unsupervised while in the waiting room or lobby. This will also ensure you can relax during the test which will result in better image outcomes.
- Arriving late may result in rescheduling your test.
- You will be asked to empty your bladder prior to your test.

What will happen during the test:

- You will be asked to undress. A gown will be provided.
- You will be asked to lie on a bed.
- This test may take up to 60 minutes to complete.
- The first part of the test, the sonographer will take several images of your uterus and ovaries using an endovaginal probe.
- The second part of the exam will be the actual performance of the sonohysterogram procedure. This will involve your provider placing a metal speculum into your vagina to identify the cervix. Your cervix will be cleaned. A small catheter (tube) will be inserted through the vagina into the endometrial canal. Once the catheter is in place, the speculum will be removed and the endovaginal probe will be inserted into the vagina. While obtaining images, your provider will gently instill approximately 10-20 cc's (a couple of tablespoons) of sterile fluid. This will help distend your endometrial canal to have a better look at your endometrial lining. The ultrasound transducer and catheter will be gently removed when finished.

Instructions for after your test:

- We will provide a sanitary pad for your underwear for any leaking fluid following the procedure.
- You may experience light discharge, some vaginal spotting or bleeding, as well as possible lower abdominal cramping.
- If symptoms worsen, please contact your provider's office.
- You may resume your regular routine unless you have been given other instructions.
- The final signed report will be sent to the provider that ordered your test.
- Your test results will be available in your patient portal immediately after your provider reviews them. Your provider will discuss the results with you at your follow-up appointment. If you do not have a follow-up appointment, your provider will contact you by letter or phone within five to seven business days.