

### Sonohysterogram Instructions

Your provider has scheduled a sonohysterogram in order to view the lining (endometrium) of your uterus. This procedure can help obtain a diagnosis for your abnormal bleeding and result in an optimal treatment plan.

An ultrasound will be performed with a **full** bladder and then you will empty your bladder for a transvaginal ultrasound. When the two ultrasounds are completed, the provider will come in.

He or she will insert a speculum into your vagina, wash your cervix with betadine, insert a thin catheter into the cervix. The transvaginal probe is then reinserted. The provider will inject a tablespoon of sterile saline into the cavity of your uterus. Some mild cramping may occur at this point.

Your provider may also want to obtain a sampling (biopsy) of the endometrium which is done at the completion of the sonohysterogram. These procedures may cause some mild discomfort; therefore, 600mg of **ibuprofen** or other pain reliever may be taken 1 hour prior to your ultrasound. If you have a stomach ulcer or are otherwise not permitted to take an anti-inflammatory medication (NSAIDS) you can take 2 extra strength Tylenol 1 hour prior to the procedure.