

## Hysterosonogram Ultrasound Exam

### Instructions:

- Arrive 10 minutes prior to appointment time for check-in
- TAKE ANTIBIOTICS**
- Take Ibuprofen 400mg (ex. Advil or Motrin) or Naproxen 250mg, one hour before the test
- Do not wear scented products in our clinic
- Make childcare arrangements when attending this appointment (children are not permitted in the clinical areas for safety reasons)
- No Show Fee:** 'No Show' fee will be applied unless the appointment is cancelled two business days before the test.

### Purpose of the Test

This test is performed to determine if there are any abnormalities of the uterine lining (cavity) where embryos or babies attach inside your uterus.

### Explanation of Test

Your physician has asked that you undergo a procedure known as a Hysterosalpingocontrastsonography (HyCoSy) or Saline Infusion Sonogram (SIS). The HyCoSy will look at the interior cavity of the uterus and test the patency of the fallopian tubes.

While the SIS will only look at the interior lining of the uterus. This procedure is performed by a Physician and a Sonographer.

The procedure begins like a pap test. The doctor inserts a speculum into the vaginal canal, he or she then cleans the cervix with Chlorhexidine (an antiseptic). A small, 2mm catheter is then passed through the cervix into the uterus. The speculum is removed and then the sonographer inserts a vaginal ultrasound transducer into the vagina. While watching the uterus with ultrasound, a small amount (10mL) of sterile saline (salt water) is injected slowly through the catheter into your uterus. This fills the uterus with saline and highlights any polyps, fibroids or scar tissue that may be inside the uterine cavity. Once the uterine lining has been seen, tiny air bubbles of agitated saline will be placed in the uterus. The bubbles allow the fallopian tubes to be seen. This part of the test can tell us if the tubes are open. Not all tests will involve examination of the tubes.

During the procedure, you may feel some discomfort as the catheter is placed into and through the cervix and as well when the small amount of salt water is injected into the uterus. This may cause some cramping. By and large, this cramping is minimal, but it can feel surprising.

Please take Ibuprofen (eg: Advil) 400mg or Naproxen 250mg approximately 1 hour before this test. These medications can be purchased without a prescription and reduce the chance of experiencing pain during the procedure, as well as reduce the risk of a false tubal blockage result due to uterine spasms.

We ask that this test be performed in the first part of your menstrual cycle, between 6 and 12 days after the start of your cycle. This timing of the procedure helps avoid the possibility of doing this test when you are pregnant; however, we also do require all patients to complete a pregnancy blood test several days prior to the procedure.

While the risks of this test are quite low (1% or less), very rarely the passage of the catheter into the uterus can reactivate an old infection or possibly start a new one. You are asked to take the antibiotics for this test as prescribed by your doctor. Most patients receive either doxycycline or azithromycin as described on the following page.

After these tests are performed, the test results will be sent to your physician. He or she will be able to describe the results of the tests at your next visit.

Should you have any problems within a few days after the procedure, including fever, chills, or worsening abdominal pain, you should inform your physician of these symptoms.

**Who should NOT have the test?**

- Women who are allergic to chlorhexidine antiseptics (notify your doctor).
- Women with a recent vaginal, cervical, uterine or tubal infection.
- Women who are or might be pregnant.

**How to do the Test?**

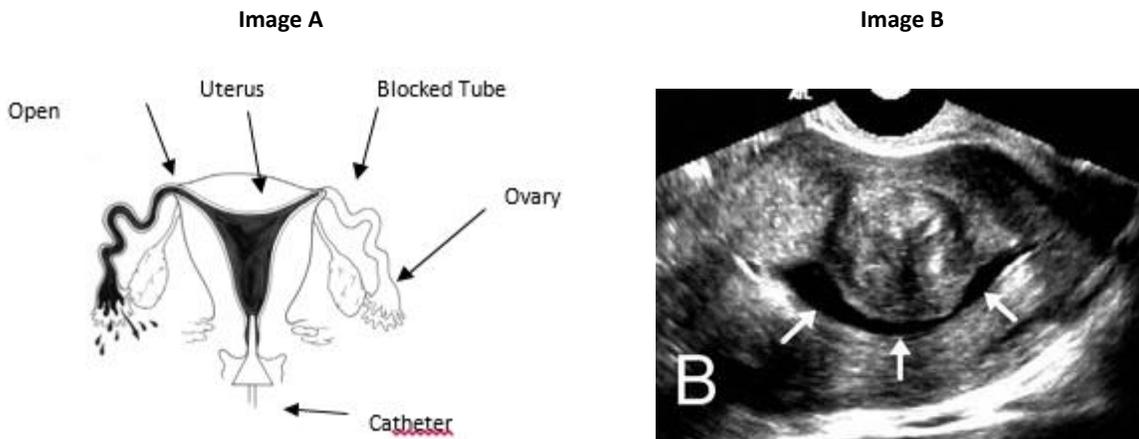
1. Start your antibiotic (Doxycycline or Azithromycin) and pain pills as follows:

- Doxycycline**
- The night before ultrasound - 1 capsule Doxycycline
  - The morning of ultrasound - 1 capsule Doxycycline
  - 1 hr. before ultrasound - 2 pain pills (Advil, Motrin or Anaprox)
  - The evening of ultrasound - 1 capsule of Doxycycline
  - The morning after ultrasound - 1 capsule of Doxycycline OR as directed by your doctor

- Azithromycin**
- The day before ultrasound - 2 capsules Azithromycin
  - The day of ultrasound - 1 capsule of Azithromycin
  - 1 hr. before ultrasound - 2 pain pills (Advil, Motrin or Anaprox)
  - Each day after ultrasound - 1 capsule of Azithromycin per day until finished

2. It is important to take your antibiotics with food (non-dairy products) as they can cause nausea on an empty stomach.
3. Please bring a sanitary napkin with you or we will provide one for you. You may experience some watery discharge after the test. Some light spotting is also normal.

If you have any questions, please contact the office and arrange for an appointment to discuss your questions with your doctor. Your doctor will discuss the results of this test at your follow-up appointment.



**Image A:** Hysterosonogram showing fluid going into the uterus and coming out of one open tube.

**Image B:** Sonohysterogram photos of a uterine cavity containing a fibroid.