

Hysterosonogram Ultrasound Exam

Instructions:

- Arrive and check in 10 minutes prior to appointment time
- Take antibiotics if prescribed by your doctor
- Take ibuprofen 400mg (ie. 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 prior to the test.

Purpose of the Test

This test is performed to determine if there are any blockages in your fallopian tubes and/or abnormalities of the uterine lining (cavity) where the embryo attaches 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. The SIS will only look at the interior lining of the uterus. This procedure is performed by a Physician and a Sonographer. The test usually takes about 5-10 minutes to complete.

The procedure begins like a pap test. The doctor inserts a speculum into the vaginal canal and clean the cervix with Chlorhexidine (an antiseptic). Please let us know if you have an allergy to chlorhexidine and we will use iodine instead. A small, 2mm catheter is then passed through the cervix into the uterus. The speculum is removed and then the sonographer inserts an ultrasound transducer into the vagina. While watching with ultrasound, a small amount (usually <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 patent (open). Not all tests will involve examination of the tubes.

During the procedure, you may feel some discomfort and cramping as the catheter is placed and when the saline is infused into the uterus.

Please take Ibuprofen (e.g.: Advil or Motrin) 400mg or Naproxen 250mg approximately 1 hour before this test. These medications can be purchased without a prescription and reduce the chance of experiencing cramping during the procedure. They also reduce the risk of a false tubal blockage result due to uterine spasm.

This test is performed in the first part of your menstrual cycle, between days 6 to 12. This timing allows the test to be completed once your bleeding is finished and prior to ovulation. We also require all patients to complete a pregnancy blood test several days prior to the procedure.

While the risks are low (1% or less), very rarely the test can reactivate an old infection or possibly start a new one. Based on your personal history, your doctor may prescribe you antibiotics. All patients are required to have up to date testing for gonorrhea and chlamydia completed as a method of further reducing the risk of infection.

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

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

Who should NOT have the test?

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

How to do the Test?

If your doctor has prescribed antibiotics, please take them as follows:

- Doxycycline
 - Night before the ultrasound - Start 1 tablet
 - Morning of the ultrasound – Take 1 tablet
 - Continue this twice per day for a total of 5 days (10 tablets total)

- Azithromycin
 - Day before ultrasound – Take 2 tablets
 - Day of ultrasound – Take 1 tablet
 - Continue 1 tablet daily until finished (you should take a total of 6 tablets)

- Cefixime
 - Take the tablet(s) provided the morning of the ultrasound

1. It is important to take your antibiotics with food (non-dairy products) as they can cause nausea on an empty stomach.
2. Please bring a sanitary pad with you (if you forget, we will provide one for you). You may experience spotting or watery discharge after the test.

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

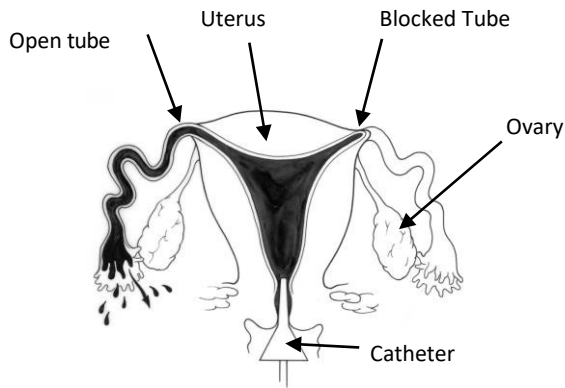


Image B



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.