



Hysterosonogram (Saline Infusion Sonogram or Hysterosonographic Contrast Sonogram)

Date: _____

Time: _____

Details:

- Empty bladder
- Antibiotics
- Advil or Motrin or Ibuprofen
- Arrive 10 minutes prior to appointment time

No Show Fee: \$100 unless cancelled 48 hr prior to test

Purpose of the Test

This test can determine if the cavity of the uterus is normal or abnormal (Saline Infusion Sonogram) and/or can determine if the Fallopian tubes are open (Hysterosonographic Contrast Sonogram).

Explanation

Your physician has asked that you undergo a procedure known as a Saline Infusion Sonogram or Hysterosonographic Contrast Sonogram. This is an ultrasound guided test, which looks at the lining of your uterus and possibly the Fallopian tubes as well. This test is conducted in the ultrasound unit by an ultrasound technologist and a physician skilled in the procedure.

The test involves a speculum examination (like for a Pap smear). The speculum examination allows access to the cervix (opening of the uterus). The cervix is seen and cleansed with an antiseptic. A very small catheter (a tube) is then placed through the cervix into the uterus. The speculum is then removed from the vagina and an ultrasound probe is placed into the vagina. While watching the uterus with ultrasound, a small amount of sterile saline (salt water) is injected slowly through the catheter into your uterus. This fills the uterus with saline and highlights any polyps or fibroids that may be inside the uterine cavity and might interfere with your chances of getting pregnant. Once the uterine lining has been seen, tiny bubbles of agitated saline will be placed in the uterus. The bubbles allow the tubes to be seen. This part of the test can tell us if the tubes are open. Not all tests may 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 and stops as soon as the procedure is finished. However, the majority of patients find this test very comfortable and have minimal or no discomfort.

Many women find taking a small amount of Ibuprofen or Naproxen (Advil / Motrin or Naprosyn) approximately 2 hours before this test helps to prevent and to relieve any menstrual-like cramping. You are encouraged to take this medication especially if you have problems with painful menstrual cramps.

We ask that this test be performed in the first part of your menstrual cycle, between 6 to 12 days after the start of your cycle. This timing of the procedure avoids the possibility of doing this test when you are pregnant. While the risks of this test are quite low, very rarely the passage of the catheter into the uterus can reactivate an old infection or possibly start a new one. Although the risk of infection from this test quite low (1% or less) 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 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?

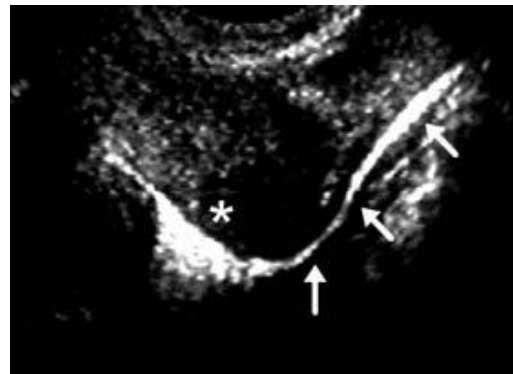
1. When you start your period, call your fertility Doctor's office at (613) 686-3378 and book the test to be done after your menstrual bleeding ends and before Day 12 of your cycle.

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

Doxycycline <ul style="list-style-type: none"><input type="checkbox"/> Night before ultrasound - 1 capsule Doxycycline<input type="checkbox"/> Morning of ultrasound - 1 capsule Doxycycline<input type="checkbox"/> 2 hrs. before ultrasound - 2 pain pills (Advil, Motrin or Anaprox)<input type="checkbox"/> Evening of ultrasound - 1 capsule of Doxycycline<input type="checkbox"/> Morning after ultrasound - 1 capsule of Doxycycline OR as directed by your doctor
Azithromycin <ul style="list-style-type: none"><input type="checkbox"/> Day before ultrasound - 2 capsules Azithromycin<input type="checkbox"/> Day of ultrasound - 1 capsule of Azithromycin<input type="checkbox"/> 2 hrs. before ultrasound - 2 pain pills (Advil, Motrin or Anaprox)<input type="checkbox"/> Each day after ultrasound - 1 capsule of Azithromycin per day until finished

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.



Sonohysterogram photos of a uterine cavity containing a fibroid on the left and a normal open Fallopian tube on the right.

Please note that if you fail to show for this test you will be charged a \$100 no show fee. If you need to cancel the test you must notify your doctor's office within 48 hours (2 business days) of your test.