

# Sonohysterogram, Saline Infusion Sonography (SIS)

A sonohysterogram, also called a saline infusion sonogram (SIS) is an ultrasound procedure performed to evaluate the lining of the uterus.

This is an outpatient procedure that takes less than 30 minutes to perform, and is usually done during the first two weeks after menses have ended.

## Risks and Benefits

Sonohysterography can find and evaluate the underlying cause of many problems, including abnormal uterine bleeding, infertility, and repeated miscarriage. It is used to detect abnormal growths inside the uterus, such as fibroids or polyps, and provides information about their size and depth. It can also evaluate scar tissue inside the uterus, abnormal uterine shape, and problems with the lining of the uterus.

This test is very safe, but there is a rare risk of pelvic infection. Call your ob-gyn if you develop pain or fever in the day or two after you go home or a change in the type or amount of discharge.

## How You Should Prepare

Sonohysterography is not done if you are or could be pregnant or if you have a pelvic infection. The test usually is scheduled at a time in your menstrual cycle after your period has stopped but before ovulation. If you have off-and-on abnormal bleeding or bleeding that will not go away, you may be given a medication to stop the bleeding before the test.

The procedure can cause some cramping. You may want to take an over-the-counter pain reliever, such as ibuprofen or acetaminophen, beforehand. Ask your ob-gyn what would be best.

Sonohysterography is done when your bladder is empty. You will be asked to undress from the waist down and lie on an exam table.



## What Happens During the Procedure

Sonohysterography has three main parts: (1) an initial transvaginal ultrasound exam, (2) putting fluid inside the uterus, and (3) repeating an ultrasound exam.

For a transvaginal ultrasound exam, an ultrasound transducer—a slender, handheld device—is placed in the vagina. It is covered by a disposable sheath (like a condom). It sends out sound waves that are used to make images of the internal organs. These images are shown on a screen.

After the initial transvaginal ultrasound exam, the transducer is removed. A speculum is placed in the vagina, and the cervix is cleaned with betadine. A thin tube is passed through the cervix into the uterus, and the speculum is removed. Last, the transducer is replaced in the vagina. Sterile saline is then slowly passed through the tube into the uterus while more ultrasound images are obtained. Cramping may occur as the fluid goes into the uterus.

## After the Procedure

Most women are able to go home right away and are back to their normal activities that day. Some women experience cramping, spotting or light bleeding, or a watery discharge.

Call your doctor if you experience increasing pain or a fever within one to two days of the sonohysterogram. If you experience a rash, itching, or swelling after the procedure, you should contact your doctor.