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About your Exam - Sonohysterography

What Is Ultrasound?

Ultrasound is like ordinary sound except it has a frequency (pitch) higher than human hearing. The sound waves from the transducer (either resting on your skin or inserted into a body cavity, such as the vagina), returning sounds (echoes) are received by the transducer and converted by a specialized computer into a picture that can be viewed on a monitor similar to a television screen. Ultrasound images can be recorded on film or printed on paper. Diagnostic ultrasound imaging is commonly called sonography or ultrasonography.

Is Ultrasound Safe?

There are no known harmful effects associated with the medical use of sonography. Widespread use of ultrasound has not been shown to cause any harm. Studies in humans have revealed no direct link between ultrasound and adverse outcomes. Although the possibility exists that biological effects may be identified in the future, the benefits to patients far outweigh the risks.

What Is Sonohysterography, Or Saline Infusion Sonohysterography (SIS)?

Sonohysterography consists of sonographic imaging of the uterus and cervix while injecting saline into the uterus.

Why Should I Have A Sonohysterogram?

Sonohysterography is used to evaluate abnormalities of the endometrium (inside lining of the uterus) in women whose endometrium appears abnormal on pelvic ultrasound, or for evaluation of the uterus during hysteroscopy, dilation and curettage (D&C), or endometrial biopsy and may detect problems with the uterus.

What Does The Procedure Involve?

An initial vaginal ultrasound examination is performed. The ultrasound transducer is then used to help see the cervix. A small catheter will be inserted into the cervix, and sterile saline (fluid) is injected into the uterus. A second ultrasound exam is again performed.

Will It Hurt?

Pelvic cramping similar to menstrual cramping can occur during the saline infusion. This usually subsides after the procedure is removed.

What Are The Limitations Of The Examination?

Sonohysterography can be difficult to perform in women with

- Large fibroids or adhesions, which can obstruct the saline infusion; or
- Cervical stenosis (tightening of the cervix), which can complicate the catheter insertion.

Is Specific Preparation Required?

Preparations for the procedure are similar to those for a routine pelvic examination or a vaginal ultrasound. You should empty your bladder before the examination and to disrobe from the waist down. You will need to lie on your back with your legs in stirrups. Let the doctor or sonographer know if you have any latex allergies or the possibility of being pregnant. If you take preventive antibiotics before invasive procedures, you should continue to take them.

How Will I Feel After The Examination?

Some vaginal spotting can occur. Cramping may occur and can be treated with acetaminophen. Call your doctor if there is any abnormal bleeding, pain, or fever.

What Are The Risks Of This Examination?

There is a small risk of infection from the procedure. If you develop a fever or any other symptoms of infection, your doctor can administer antibiotics. If an infection occurs, it is usually minor and can be treated. The procedure is safe and well tolerated.

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