

## Saline Infusion Sonogram

A saline infusion sonogram, SIS, or sonohysterogram, SHG, is a technique in which fluid is injected through the cervix into the uterus, and ultrasound is used to obtain images of the uterine cavity. Fluid allows for more detail of the inside of the uterus than when ultrasound is used alone. Saline infusion sonogram can detect abnormal growths inside the uterus, such as fibroids or polyps, as well as uterine scarring and abnormal uterine shape. SIS can find the underlying cause of many problems, including abnormal uterine bleeding, infertility, and repeated miscarriage.

Saline infusion sonogram consists of two parts. In the first part of the exam, a speculum is placed in the vagina and a catheter is inserted. In the second part of the exam, a fluid is injected through the cervix, into the uterus, as a transvaginal ultrasound is performed again. Images are obtained visualizing the uterine cavity. You will be uncovered from the waist down. The exam does not require a full bladder.

Menstrual-type cramping may occur in this exam. We recommend you take 2 - 3 tablets of 200 mg ibuprofen, Advil or Motrin, about an hour before your scheduled ultrasound.

Saline infusion sonograms are performed in our office by a sonographer, a clinician who is certified in ultrasound. The results are later read by one of our physicians. Based on the SIS images and findings, patient recommendations are made.

SIS is not performed if you are or could be pregnant, or if you have a pelvic infection or pelvic inflammatory disease.

If you have mitral valve prolapse, notify us. You will need an antibiotic prior to your procedure. We will give you a prescription for an antibiotic, to be taken one hour prior to your procedure.

The optimal time to have a saline infusion sonogram is four to nine days after the onset of your menstrual cycle. You should have minimal or no bleeding at the time of the exam. If you are bleeding heavily, it is not recommended that you proceed with the test at this time.

If you have any questions or concerns regarding ultrasounds, please call our office. One of our nurses will be happy to speak with you.