



# SONOHYSTEROGRAM PROCEDURE

Thank you for making a Sonohysterogram procedure appointment at Sydney Ultrasound for Women. Please allow at least 40 minutes for this appointment.

## Please bring with you:

- + The referral from your Doctor
- + Your Medicare card
- + Any previous scans or reports relating to this procedure (if performed elsewhere)

The cost of this procedure is **\$475.00** and is payable on the day of your appointment. Payment can be made by:

- + Eftpos
- + Credit card – Visa or MasterCard only
- + Cash

*This cost covers the inclusion of a pelvic scan before performing Sonohysterogram procedure, including the medical supplies to be used and doctor performing procedure on the day of your appointment.*

If you are undertaking this procedure to investigate infertility please attend between days 6-12 of your cycle (the first day of your current menstrual period is day 1). **Please abstain from vaginal sexual intercourse for 5 days prior to your appointment.**

For this procedure we suggest that you wear comfortable clothing that is easy to remove.

Below is some helpful information of what generally occurs on the day of your Sonohysterogram. It is hoped this information will make the day a more pleasant experience.

## The Day of Your Sonohysterogram

**If there is a possibility you are pregnant, you have not had regular monthly periods or your appointment is scheduled after day 12 you will need to perform a urine pregnancy test the morning of your appointment.**

On arrival, the receptionist will greet you and ask your name and for the original referral that your doctor gave you. The referral will allow you to claim from Medicare and the notes will advise us what particular service is to be provided.

Other details will be verified such as your date of birth, address, Medicare number and contact details to make sure we use the correct file. We have many ladies with similar names and the same birth dates so we need to be sure we have the correct file.

You will be asked to take a seat and depending on the day you should be seen close to your appointed time. Some days, we may be running behind due to previous complications where extra time is taken for those patients with serious medical conditions. If you are uncomfortable as a result of full bladder, please feel free to visit the ladies toilet and empty enough in order to feel comfortable. If unsure, please speak to our staff.

A sonographer (person that performs the scan) will call your name and will verify your personal details again to make sure we have the correct person. Once in the room you should see your name on the screen on the wall and you should check your last name is correct. The sonographer will also ask personal health questions to gain an understanding of your history to assist in scanning.

This procedure will be internal (transvaginal). There is some level of discomfort but no more than a normal Pap smear test. If you feel this may be an issue for you please advise the sonographer. You may be asked to wear a gown/covered by a sheet and remove some clothing. This will be done in privacy. Please see below for suggestions on what to wear.



Once you're OK to proceed, one of our medical specialists will perform the Sonohysterogram. Details of this procedure can be found at the end of this section. The doctor will provide some feedback to you but they will also be focused on performing the procedure. Depending on the degree of difficulty, the doctor may be quietly focused so please don't be offended if they appear pre-occupied at some point.

At the end of the procedure and after you have dressed, the sonographer will burn a CD of the images taken for your medical records. Unfortunately personal recordings are not permitted within the rooms.

You will be taken to reception to finalise the account and the receptionist will make sure you have all the necessary documents.

The doctor performing the Sonohysterogram will complete a report and send this to your referring doctor.

#### **What Time should I Arrive?**

Please arrive 10 minutes prior to your scan time. This will provide enough time to register you. If you are running late please call the location where you have the booking to let them know. Depending on other bookings we may hold the space for you or we may need to re-schedule either same day or another day.

#### **Who should come with me?**

Your partner and a friend are welcome to attend but there are a couple of issues to be considered. Many scans are transvaginal and perhaps it may not be appropriate for certain visitors to witness this plus personal health questions may be asked that you would prefer to remain private.

We can only accommodate 1 visitor in the scanning room for this procedure. It also is a little difficult for the sonographer to focus and obtain good images if there are distractions in the room.

As this is an invasive procedure, we recommend that you do not bring children along to this appointment. If this cannot be avoided, children under the age of 16 years must be supervised in the waiting room by another adult who is attending with you due to legal requirements.

Remember the day should be all about you and you need to feel comfortable and relaxed as this produces the best images.

#### **What should I wear?**

Considering the scan requires a probe to be placed against your skin around the lower parts of your body, then appropriate clothing would assist you and the sonographer and would save some embarrassment for visitors.

Try to avoid wearing panty hose, tights, close fitting pants, jeans and tops. Perhaps a loose fitting dress or loose fitting pants would be comfortable.

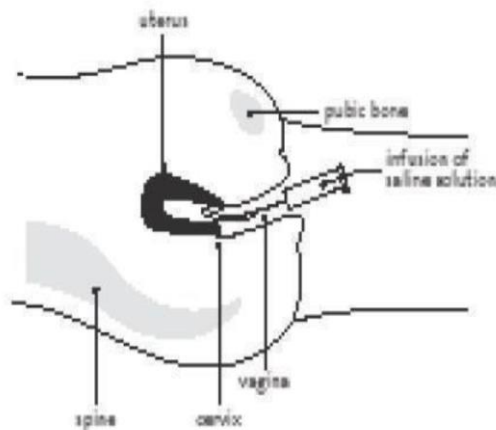
*For more information on this and other services please go to our website [www.sufw.com.au](http://www.sufw.com.au) and click on 'Services' tab.*

Our sonographers welcome any questions you may  
have about your ultrasound examination



## What is Sonohysterography?

Sonohysterography is a technique developed to better image the uterine cavity. Sterile saline is infused through a soft plastic catheter placed in the cervix. The saline distends the uterine cavity allowing a much better view of the uterine cavity by transvaginal ultrasound. This technique may be used to assess abnormalities of the uterus and endometrium (lining of the womb).



## Why is it performed?

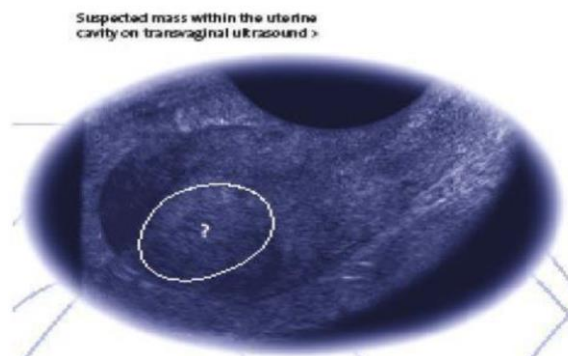
This procedure is used when:

1. There is abnormal uterine bleeding (before and after menopause)

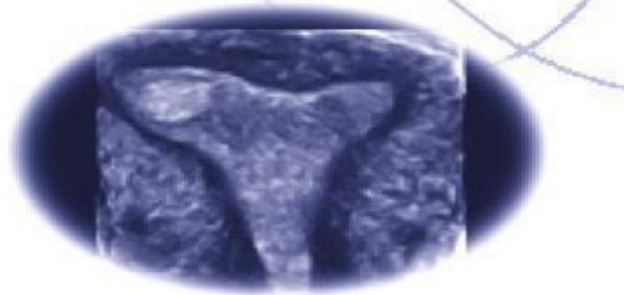
Many women have unusual bleeding around the time of menopause. This is often due to hormonal changes where surgery is of little benefit. If no obvious problems are seen within the uterus on sonohysterography there is no need for further investigation. Sometimes sonohysterography identifies endometrial polyps when the standard ultrasound appears normal.

2. A mass is suspected in the uterus on ultrasound

If a mass is found within the uterus, its type and size can be assessed prior to surgery. The most common findings are benign endometrial polyps, fibroids or a thickened uterine lining.



3D Image of endometrial polyp &gt;



### 3. Investigating infertility and recurrent miscarriage

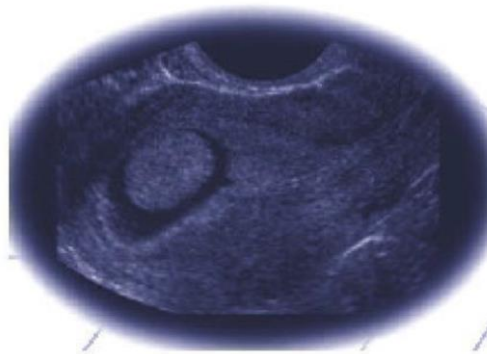
Sonohysterography can detect benign endometrial polyps or adhesions within the uterus which may prevent conception.

Recurrent miscarriage may be due to fibrous bands (septations) within the uterine cavity or to an abnormal uterine shape. These can be difficult to see using ultrasound alone but become clear on sonohysterography.

### 4. Assessing the uterine lining in patients on Tamoxifen therapy

A side effect of Tamoxifen therapy for breast cancer can be polyps, thickening, or even cancer, of the uterine lining. Sonohysterography can distinguish true abnormalities from thickening that happens beneath the uterine lining that is a common finding of no significance.

Endometrial polyp now clearly outlined after sonohysterography &gt;



## Will it be painful?

Sonohysterography does not require hospitalisation, anaesthetic, or analgesia. Around 2% of women describe period-like discomfort during or shortly after the procedure. Sometimes pelvic pain occurs which can last longer and requires analgesia.

## When should it be done?

If there is a chance of pregnancy, the procedure should be performed in the first 10 days of the menstrual cycle. This avoids the chance of the sonohysterography interfering with implantation of the embryo. This test should not be performed during pregnancy.