

# **Women Gynecology & Childbirth Associates, P.C.**

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1815 S. Clinton Ave, Suite 630

Rochester, NY 14618

Scheduling/General Information (585) 244-3772 or 244-3430

## **SONOHYSTEROGRAM**

### ***What is a Sonohysterogram?***

Your doctor has requested that you have a special procedure called a sonohysterogram. This procedure will allow us to have a better look at the lining (endometrium) of your uterus. The most common reason for performing this test is abnormal bleeding. Particularly, to determine if you have an endometrial polyp or myoma (fibroid) which are the most common causes of abnormal bleeding. You should schedule your appointment 5-9 days after the first day of your period.

### ***What can I expect during the Exam?***

First, with a full bladder, a routine ultrasound is performed to measure the uterus and ovaries. You are then requested to empty your bladder and a transvaginal ultrasound is performed to assess the endometrial lining prior to the instillation of sterile water. Your doctor then places a speculum into your vagina and cleanses your cervix with betadine. A thin catheter is placed through your cervix into the uterus, the speculum is removed and the ultrasound transducer is re-placed into your vagina. A small quantity of sterile water is then injected into the uterus and images taken.

### ***How Do I Prepare for the Exam?***

Mild cramping may occur and we therefore recommend taking 2 tablets of ibuprofen (200 mg) or 2 tablets of Acetaminophen (325 mg) two hours before your appointment to help decrease any discomfort you may feel during the procedure.

We ask that you finish drinking 32 ounces of water or clear liquid one hour prior to your appointment time. This will allow adequate time for your bladder to be full for the ultrasound.

### ***For More Information***

This exam is done in Suite 630 of our South Clinton Avenue location. If you have any questions regarding this procedure, please do not hesitate to contact us at (585) 244-3772.