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SALINE SONOHYSTEROGRAM (SHG) FACT SHEET

This is a very sensitive evaluation of the uterine cavity performed by ultrasound in the office. A SHG is usually much LESS uncomfortable than a hysterosalpingogram that is performed at your hospital's radiology department.

A SHG involves the injection of a small amount of sterile saline into your uterine cavity. The goal of this scan is to rule out abnormalities of the uterine cavity. The uterine cavity represents the area of implantation. It is very important that where the embryo implants is without any abnormalities. The SHG has been shown to be very sensitive in detecting polyps and fibroids (benign growths of the uterus).

1. This test is best done in the 1st half of your menstrual cycle. Therefore cycle day 5-9 is optimal as long as your menses has ended.
2. Please take 400-800 mg of ibuprofen (also known as: Advil® and Motrin®) approximately 1 hour before the procedure. If allergic to Motrin or any NSAID's, you may take 2 extra strength Tylenol.
3. When you arrive one of the medical assistants will ask you to sign a consent form acknowledging your understanding that the goal of this procedure is to evaluate your uterine cavity. In addition, this consent form will discuss the very small risk of infection with this procedure. Your doctor will clean your cervix with an iodine solution prior to the procedure to further reduce the risk of infection. A few things to remember:
 - If you have a history of tubal disease or infection your doctor will ask you to take an antibiotic for 5 days following the procedure.
 - If you have an allergy to shellfish or iodine let your doctor know.
 - Empty your bladder just before your exam.
4. In order to prepare for the study your doctor will place a speculum into your vagina, clean your cervix, and pass a small catheter into your uterine cavity. Then a small soft balloon will be inflated to keep the catheter in place. Once in place the speculum will be removed and the transvaginal ultrasound probe will be placed gently into your vagina.
5. A small amount of sterile saline (usually less than 2 teaspoons) will be used to distend your cavity and make sure there are no abnormalities. This is when you may have cramps. Many women have no cramps at all during this procedure. Once visualization is complete everything is removed.
6. You may have some spotting or watery discharge immediately following the procedure. You will be able to resume normal activity once the procedure is completed.