

# Uterine Evaluation

One or more of the following tests may be recommended depending on your personal medical circumstances to evaluate your uterus: hysterosalpingogram (HSG), saline infusion sonohysterogram (SIS), office hysteroscopy (OH) and/or uterine sounding (SND).

## Hysterosalpingogram (HSG)

An HSG is an x-ray test to assess the fallopian tubes and evaluate the uterine cavity. A small amount of sterile, iodine-containing fluid is injected through a small catheter that has been placed into the cervix. Continuous x-rays will be taken as the solution fills the uterus and flows through the fallopian tubes. *If you are allergic to iodine, please let your physician or nurse know.* In most cases, this test takes only a few minutes to perform. The most common complaint with this test is mild to moderate discomfort and cramping. Please see instructions below regarding side effects and scheduling the procedure.

**Note:** We regret that friends, partners and family members will not be allowed to accompany you into the X-ray room for the procedure.

## Saline Infusion Sonohysterogram (SIS)

A SIS is an ultrasound test to evaluate the uterus. A catheter is placed within the cervix or lower part of the uterus, through which a small amount of sterile fluid (saline) is injected. A vaginal ultrasound is done as the saline is injected. The shape of the uterus can be seen, and abnormalities such as uterine polyps and small fibroids can be evaluated. This test cannot determine if the fallopian tubes are open.

## Office Hysteroscopy (OH)

An OH involves inserting a small fiberoptic camera through the cervix and into the uterine cavity. On occasion, it may be necessary to dilate the cervical opening slightly to allow insertion of the hysteroscope although usually this is not necessary. In order to see more clearly, the uterine cavity is expanded by infusing a small amount of sterile fluid (saline) through a small channel in the hysteroscope during the procedure. This test provides information about the uterine cavity, lining, and can evaluate for polyps and fibroids inside the uterus. The OH cannot determine if the fallopian tubes are open. The procedure is preformed quickly and requires no anesthesia or recovery time.

## Uterine Sounding (SND)

For a uterine sounding, a thin, flexible catheter is inserted through the cervix and into the uterus and the uterine depth is measured in centimeters. This is done in preparation for a future embryo transfer. Sometimes, a small bend or use of different types of catheters or dilators may be necessary to accommodate normal variations in uterine anatomy. **Please come to your appointment with a full bladder and do not use the restroom.**

## Scheduling

To schedule an HSG, SIS, OH and/or SND, please **call REACH at (888) 551-0874 on the FIRST day of your menstrual period.** These tests should be performed after you are done bleeding, but before ovulation (generally days 6-12 of your cycle) or anytime if you are on birth control pills. ***You should inform the physician if you are still on your period or if it was delayed or abnormal.***

## On The Day of Your Procedure

You may eat and drink normally on the day of your procedure. **Please arrive with full bladder and do not use the restroom.** If you are uncomfortable, you may empty your bladder a little before your procedure. In general, the HSG, SIS, OH, and SND are all well tolerated. However, some people experience mild to moderate pelvic pain and cramping during and/or just after the procedure. We recommend that you take over-the-counter ibuprofen 800mg approximately 1 hour prior to the procedure in order to decrease cramping. The procedure takes approximately 15 minutes, but plan to be at the clinic for up to 60 minutes to allow for check-in and recovery.

Most of the time, you will be able to drive yourself home or back to work after the uterine evaluation appointment. However, some patients may experience temporary light-headedness, nausea, or persistent cramping. In these cases, a longer recovery time may be needed before you are able to drive. For this reason, when possible, you may want to have someone come with you to the appointment.

## After The Procedure

Complications of HSG, SIS, OH, and SND are very uncommon. However, rare cases of infection can occur. It's important that you notify the clinical staff immediately if you develop any of the following symptoms over the several days following your appointment:

- Fever (temperature greater than 100.5 degrees Fahrenheit).
- Flu-like symptoms associated with pelvic pain.
- Severe or progressive pelvic pain.
- Heavy vaginal bleeding (saturating a pad in less than hour, for 2-3 consecutive hours).