

Ultrasound: Hysterosonogram Exam

How to prepare and what to expect

This handout explains how to prepare for a hysterosonogram, how it works, how it is done, what you will feel during the exam, and how to get your results.

What is ultrasound?

An *ultrasound* exam uses sound waves to make images of the inside of the body.

What is a hysterosonogram?

A *hysterosonogram* uses ultrasound to make images of the tissues and organs in your pelvic area. This type of exam is often done to look for causes of abnormal bleeding in the vagina.

The hysterosonogram exam has 2 parts:

- The **transvaginal pelvic ultrasound**, which shows your uterus, ovaries, and other tissues in the area.
- The **hysterosonogram**, which shows the inside lining of the uterine cavity (*endometrium*). This exam should be done on day 7 to 10 of your menstrual cycle.

How does the exam work?

Your hysterosonogram will be done by a radiologist, with the help of a *sonographer* (ultrasound technologist).

The radiologist will send *saline* (salt water) through a small tube (*catheter*) into your uterine cavity. The saline helps any *polyps*, *fibroids*, or other issues show up more clearly.

As the sound waves reflect back from your pelvic organs and tissues, images are created.

These images will appear on a monitor for your doctor to see.



The ultrasound images will appear on a monitor for your doctor to see.

How should I prepare?

- Wear a loose-fitting, 2-piece outfit for the exam. Only your lower abdomen needs to be exposed during the exam.
- If you have had a pelvic ultrasound done at UWMC within the last 2 months, you do not need to do anything else to prepare.
- If you have **not** had a pelvic ultrasound done at UWMC within the last 2 months, drink 1 quart (4 cups) of water 1 hour before your exam. A full bladder will help the sonographer see your uterus, ovaries, and bladder.

What can I expect during the exam?

- You will be asked to remove your clothing from the waist down, and you will be given a sheet to cover yourself.
- You will be asked to empty your bladder.
- You will lie on an exam table, and your legs will be placed in stirrups.
- The radiologist will then clean your vaginal area with a special soap.
- An exam tool called a *speculum* will be placed in your vagina. You will feel pressure as it is inserted.
- A small flexible tube (*catheter*) will then be placed through your cervical opening.
- The radiologist will send a small amount of saline into your uterine cavity through the catheter. While this is being done, the sonographer will use a *vaginal transducer* to take images of your uterus.
- You may feel some pressure or mild cramps in your uterus as the saline slowly enters your uterine cavity.
- The exam lasts about 30 minutes after the saline is given.

Who interprets the results and how do I get them?

The radiologist who specializes in ultrasound will review the images and send a report to your referring doctor. You will get the results from the doctor who ordered the test. The radiologist may also talk with you about early findings when your exam is over.

Questions?

Your questions are important. Call your doctor or healthcare provider if you have questions or concerns.

UWMC Imaging Services:
206.598.6200