

Saline Infusion Sonogram

How to prepare and what to expect

This handout is for patients who are having a saline infusion sonogram. It explains how to prepare and what to expect.

What is a saline infusion sonogram?

A saline infusion sonogram (SIS) is an *ultrasound* exam. It uses sound waves to create images of the inside of your body. This exam is usually done after your menstrual period ends, but before you ovulate.



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What will the exam show?

Ultrasound images will show your provider if you have issues such as:

- *Polyps* (overgrowth of the tissue cells in the lining of the uterus)
- *Fibroids* (noncancerous growths of the uterus)
- Scar tissue in the inside of the uterus

Your provider may also be able to see if fluid has moved out of at least one of your fallopian tubes. If it has, this tells us if at least one of your fallopian tubes is open.

How do I prepare?

- Before you have your SIS, we will make sure you have been tested recently for *chlamydia* and *gonorrhea* (2 infections transmitted by sexual contact).
- Please take 600 mg of ibuprofen (Advil, Motrin, and others) **1 hour before your exam**. This will help reduce any cramping you may have during the exam.
- Be prepared to leave a urine sample for a pregnancy test when you arrive at the clinic.

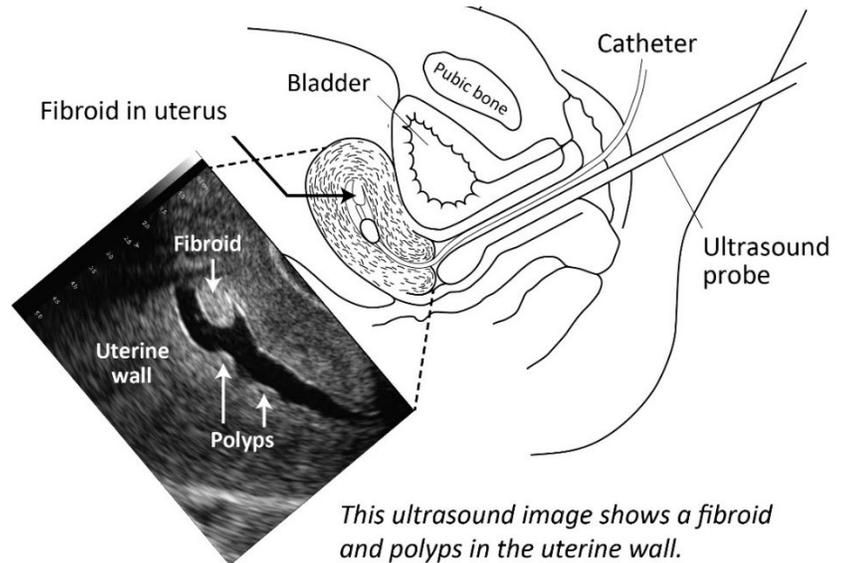
What to Expect

- Check in at:
 - ❑ **Center for Reproductive Health and Fertility (CRHF):** 3rd floor of the UWMC-Roosevelt building at 4245 Roosevelt Way N.E., Seattle 98105.
 - ❑ **OB/GYN Clinic at Harborview:** 325 9th Ave., Ground West Clinic, Seattle WA 98104.
- Clinic staff will give you a urine pregnancy test and take your blood pressure and pulse.
- You will lie down on an exam table. An ultrasound machine will be at your side.
- Your SIS will be done by a provider with special training in reproductive medicine. Your provider will talk with you after the exam and share the first findings.
- You will be in the exam room for about 30 minutes.

How is the exam done?

During the exam, your provider will:

- Gently insert a device called a *speculum* to see your cervix
- Gently place a tube (*catheter*) in the opening of your cervix
- Remove the speculum and place a *transvaginal ultrasound probe* into your vagina
- Flow *saline* (salt water) into the tube to expand your uterus
- Take the ultrasound images



What are the risks of an SIS?

An SIS is safe for almost all patients. There is a small risk of getting a pelvic infection or fainting after the exam. It is common to have some cramping during the exam.

After the Exam

- You may feel lightheaded during the exam or for a short time after.
- You may have spotting (light bleeding) for 1 to 2 days after the exam.
- Most patients go back to their normal activities right after the exam.
- If the test showed any problems, your provider will talk with you about next steps.

When to Call

Call your clinic right away at 206.598.4225 if you have:

- Heavy bleeding (you soak more than 1 pad or 1 tampon in 1 hour)
- Bleeding that lasts longer than 4 days
- A fever of 100.5°F (38°C) or higher
- Bad abdominal pain

Questions?

Center for Reproductive Health and Fertility:

- **Weekdays 8 am – 5 pm:** Call 206.598.4225
- **After hours, weekends, and holidays:** Call 206.598.6190 and ask to page the CRHF provider on call.

OB/GYN Clinic at Harborview:

- **Weekdays 8 am – 5 pm:** Call 206.744.3367.

After hours, weekends, and holidays, your call will be forwarded to a Community Care Line nurse. You can also ask to page the provider on call.