



PATIENT INSTRUCTIONS – OFFICE SONOHYSTEROGRAM

A sonohysterogram is an ultrasound procedure used to better visualize the inside of your uterus. Most often it is used to view abnormalities of the uterine cavity that could interfere with pregnancy. It involves instilling a small amount of saline into the uterus and looking with transvaginal ultrasound.

The sonohysterogram is done after a menstrual cycle has finished but prior to ovulation – between approximately days 5 -11 of the cycle for most women.

For this procedure you need to arrive at our office:

- Monday-Fridays only between 10:30am and 11:00am.
- No appointment is necessary.
- You will be instructed to sign up on your doctor's clipboard and the ultrasound clipboard.
- Remember to write SONO next to your name under "Procedure".

You are required to have a full bladder for the procedure. You should start drinking one litre of liquids about one hour prior to arriving.

The procedure will usually take place between 11:00am and 1:00pm depending on patient volume that day. The procedure takes approximately 30 minutes to perform.

Most people experience no side effects. However, you may experience some mild discomfort or menstrual-like cramping during and/or after the procedure. These can occur up to 24 hours after the test. It is also not unusual to have some mild bleeding in the first 24 hours after the test. This will settle spontaneously.

Should you have any concerns with regards to the test please contact our office. For questions regarding procedure instructions or concerns related to your procedure, please call the nurse directly at 416.323.7727 ext 2329 or email your questions to cyclemonitoring@createivf.com.