

C.A.R.E.
for the Bay Area

**Saline Sonogram (SHG)
Instruction Sheet**

A saline sonogram is a special form of ultrasound to evaluate the uterine cavity for the presence of polyps, fibroids, uterine anomalies, or other structures. There is some evidence that these structures may interfere with the ability to sustain a pregnancy.

The procedure

The saline sonogram is performed in the office at CARE for the Bay Area. After a speculum is placed in order to visualize the cervix, a small catheter is passed through the cervix and in to the uterine cavity. A small balloon is inflated to hold the catheter in place and warm saline is infused slowly into the uterus. As the uterine cavity fills, a vaginal ultrasound is performed, allowing evaluation of the inside of the uterus.

The saline sonogram is a quick procedure, lasting approximately 10 minutes. Some women will have mild cramping during the procedure, which typically abates after the procedure is complete.

Before the Procedure

We recommend that you take Ibuprofen (Advil, Motrin) 400 to 600mg one hour before the procedure to help with the cramping.

We also recommend wearing older, dark colored pants to the procedure in order to avoid possible staining of your clothing.

Scheduling the procedure

We recommend that you schedule the procedure between cycle days 6 and 10. Call the office on the first day of your menses to schedule your appointment. If your menses begins on the weekend, please call the following Monday. If you are having an HSG done in the same menstrual cycle, please schedule that first and we will attempt to perform the SHG earlier the same day.