



# SOUND START

*Pelvic Procedures  
Sonohysterogram and HyCoSy*



## *What is a Sonohysterogram?*

A Sonohysterogram, as known as saline infusion sonography (SIS) is a specialised ultrasound procedure used to evaluate the entire uterus including the lining in detail. The procedure involves passing a small catheter through the vagina and into the uterus. A small volume of sterile fluid is then injected through the catheter causing the uterus to expand in size. This allows the doctor to clearly see inside the uterus and can then detect any abnormalities which may be the cause of your symptoms.

Sonohysterograms are commonly referred for patients who are experiencing pelvic pain, infertility, unexplained vaginal bleeding, or evaluating fibroids or polyps which may have been detected on a routine pelvic scan. However, it is not contraindicated for women who are pregnant or have active pelvic infections. Our team will discuss any potential risks and ensure the procedure is appropriate for your situation.

## *What is a HyCoSy?*

A HyCosy (Hysterosalpingo-Contrast Sonography) is a specialised ultrasound procedure that provides valuable information about the reproductive system. This test is primarily used to examine the uterus and fallopian tubes as part of fertility workups. The procedure involves passing a small catheter through the vagina and into the uterus. A small volume of sterile fluid is then injected through the catheter to look in detail at the lining of the uterus (endometrium). During a HyCoSy, a contrast agent is introduced into the uterine cavity through a catheter, and ultrasound imaging is used to track the flow of the contrast through the fallopian tubes. The procedure allows for the visualisation of the tubes and identification of any blockages or abnormalities.

## *What should I expect during the procedures?*

This procedure is performed using a transvaginal ultrasound probe (The probe is gently inserted into your vagina). **This procedure does not require you to have a full bladder, so you are encouraged to empty your bladder prior to the appointment.** A speculum (the same that is used for routine pap smears) is inserted into your vagina. A small catheter is then fed through the vagina and into the uterus. Sterile saline is then flushed through the catheter into your uterus. The doctor will discuss the findings with you at the time of the procedure, and a report will be sent to your referring doctor.

## *What should I expect after the procedures?*

Most patients do not experience any issues after the procedure; however, you may experience the following symptoms post procedure:

- Slight bleeding or spotting
- Mild discomfort
- Dizziness

These symptoms should resolve within a day, however if you have any concerns please reach out to your GP.

A copy of your results will be sent to your referring doctor, please ensure you make a follow up appointment with them to obtain the results of your procedure.

## *What are the risks involved?*

The risks associated with this procedure are very minimal. Just Like all medical procedures there is always the risk of infection, however this is extremely rare. Please talk to your doctor if you suspect you have developed an infection after this procedure. This procedure should not be performed if you are pregnant. The preferred timing of this procedure is after your menstrual cycle prior to ovulation therefore there should be no risk that you are pregnant,

## *How do I prepare for the procedure?*

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Please ensure you bring your referral with you to your appointment.

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A transvaginal ultrasound will be necessary

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Wear comfortable and loose-fitting clothing

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For optimal results it is recommended to have this procedure done after your menstrual bleed (between Day 5-10 of your cycle). If you have an irregular or absent menstrual cycle, please discuss this with us at the time of booking.

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Whilst most Patients tolerate the procedure with minimal discomfort, we do suggest you take a mild pain relief medication such as Naprogesic or Panadol at least half an hour prior to your appointment (If you do not have any allergies)

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Allow up to 90 minutes for your appointment.

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