



SALINE INFUSION SONOGRAM (SIS) INSTRUCTIONS

The **SIS** is an evaluation of the uterine cavity performed using ultrasound in our office. A SIS is generally more comfortable for patients than a hysterosalpingogram (HSG) X-ray, which is performed at a radiology office. SIS involves the injection of a small amount of sterile saline into your uterine cavity. The uterine cavity is the area of embryonic implantation inside the womb. The goal of SIS is to identify abnormalities of the uterine cavity that could affect pregnancy. The SIS has been shown to be very accurate in detecting polyps and fibroids (benign growths of the uterus).

1. This test is best done in the 1st half of your menstrual cycle. Therefore cycle day 5-10 is optimal as long as your menses has ended. Call your Coach when your period begins to schedule the SIS.
2. Please take 400-600 mg of ibuprofen (Advil or Motrin) approximately 1 hour before the procedure. If allergic to Motrin or any NSAID's, you may take 2 extra-strength Tylenol (Acetaminophen).
3. A few things to remember:
 - take the antibiotic you were prescribed twice daily for 3 days starting the day *before* the SIS
 - If you have an allergy to shellfish or iodine, let us know.
 - Empty your bladder just before your exam.
4. In order to prepare for the SIS, your doctor will place a speculum into your vagina, clean the cervix, and pass a small thin soft plastic tube (catheter) into your uterine cavity. Once in place, the speculum will be removed and the transvaginal ultrasound probe will be placed gently into your vagina.
5. A small amount of sterile saline (usually less than 2 teaspoons) will be used to open the uterine cavity and make sure there are no abnormalities. This is when you may have mild cramps. Many women have no cramps at all during this procedure. Once visualization is complete the instruments are removed. The whole procedure takes less than 5 minutes.
6. You may have some spotting or watery discharge immediately following the procedure. You will be able to resume normal activity once the procedure is completed.