



FERTILITY FACT SHEET

San Ramon / Orinda / San Jose

Saline Infusion Sonogram

What is a saline infusion sonogram?

The saline infusion sonogram (SIS) procedure is typically performed to evaluate the shape and contour of the uterine cavity. The procedure is performed by placing a few milliliters (approximately 1 teaspoon) of sterile fluid into the cavity of the uterus. This allows us to examine whether the walls and the lining of the uterine cavity are smooth or irregular. A hysterosalpingogram (HSG) is a related procedure used to assess both the uterine cavity and the fallopian tubes. If you have abnormal bleeding, repeated miscarriages, prior uterine surgery, or are planning IVF, an SIS can help identify polyps, fibroids, scarring, and other uterine problems.

Preparation for the examination

The **SIS procedure is usually performed during cycle days 5 to 13**, once all menstrual bleeding has stopped. This is to make sure that we do that at a time when you are not pregnant and when the uterine lining is usually the thinnest. We advise you take Advil® or a similar medication about 2 hours before your study to reduce possible cramping. No other special preparation is required for a SIS. You do not need to have a full bladder and you do not need to drink any extra fluid before the examination.

How is it done?

We will start by performing a basic pelvic speculum exam and clean the cervix with a disinfecting soap. We will then insert a very thin and flexible plastic tube (catheter) inside the cervix. Few patients can tell when the tube is inserted. Occasionally, in patients who have had surgery on their cervix, or many pregnancies, it will be difficult to maintain the fluid in the uterine cavity. In these cases we will use a catheter with a small balloon at the tip that serves to seal the cervix.

We will then remove the speculum and insert the vaginal ultrasound probe. The fluid is then introduced into the uterus through the catheter and visualized by ultrasound. You will see a few bubbles (bright white dots) gliding on the screen. Then the fluid (black on ultrasound) will be visible. Rarely, a patient may experience the equivalent of menstrual cramps when the fluid is inserted.

Probably the most uncomfortable part of the examination will be the feeling of water leaking out of your vagina. Remember, this is only the fluid that we have instilled. The tubing will then be gently withdrawn and the ultrasound probe removed. We will ask you to rest for a few minutes before you dress. Most people are comfortable throughout the exam and tolerate the procedure without any problems.

You will get the results of your SIS immediately following completion of the procedure. You may resume normal activities after the SIS except that we ask you to abstain from placing anything in the vagina for 3 days. If you experience severe pain, fever or chills, heavy vaginal bleeding, or foul vaginal discharge, please contact our offices immediately.