



Sonohysterogram (SHG) Instructions

What is a SHG?

Your provider has scheduled a sonohysterogram in order to view the lining (endometrium) of your uterus. This procedure can be performed for a variety of reasons including heavy bleeding with periods, abnormal bleeding, post-menopausal bleeding, and infertility. The procedure will identify if there are any filling defects such as uterine polyps or fibroids within the uterine cavity.

What can I expect?

First, a vaginal ultrasound will be performed to look at your uterus and ovaries. Your healthcare provider will then come into the ultrasound room and insert a speculum. The cervix will be cleaned with betadine and a small and thin catheter will then be inserted through the cervix and into the uterine cavity. The speculum will be removed, and the ultrasound probe will then be re-inserted. A small amount of sterile water will be gently instilled into the uterus. You may experience a mild amount of cramping at this time.

Will I need any medication prior to this procedure?

It is recommended that you take 600-800 mg Motrin 1 hour prior to your appointment. Your healthcare provider will determine if you need a medication