

**What would the doctors be looking for?**

- Fibroids
- Adhesions
- Endometriosis
- Endometrial polyps



A fibroid is a benign growth that may form inside and sometimes outside the uterus.



Adenomyosis. Note Thickened wall of uterus which can be mistaken for fibroids.

# A SALINE INFUSION SONOGRAM (SIS)

A UTERINE INVESTIGATION PRIOR TO IVF.



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# Saline Infusion Sonohystogram (SIS)

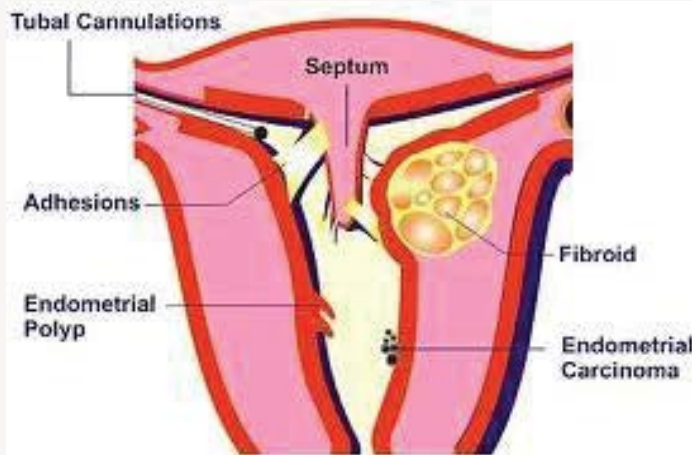
## What is a Saline Infusion Sonohystogram (SIS)?

Is an uterine investigation which involves filling the uterus with saline and simultaneously doing an ultrasound.. An SIS will further determine the health of your uterus and cervix.

The procedure can be intimidating if not fully understood.. This brochure will help you understand and what and why you may be asked to do a SIS.

## What is the purpose of a SIS?

The SIS produces ultrasound images of the uterine cavity enabling the technician to identify uterine cyst, fibroids and other abnormalities within the cavity. A SIS can be used to detect problems, or ensure that your uterus is healthy enough to support a pregnancy.



## Preparing for a SIS

SIS appointments are usually scheduled right after the period (when the bleed is finished) the endometrial lining is at its thinnest. Therefore you should keep a record of the dates your period starts and finishes.

The actually procedure takes proximally 30 minutes to an hour. It is an out patient proce-dure which is done in a medical setting/office.

Please keep in mind this test is for your per-sonal benefit to ensure your uterus is capable of enduring pregnancy. Pre-medication with ibuprofen or acetamino-phen will help reduce the amount of pain from cramping during SIS.

## What to expect during SIS

You will be asked to empty your bladder before beginning the procedure. Similar to a PAP smear examination.

- Speculum inserted into vagina and the cervix is cleaned.
- A tube which will administer the saline solu-tion is inserted into the vagina, through the cervix and into the uterus
- Cramping is a normal reaction to anything foreign introduced into the uterus.
- A transvaginal ultrasound wand will also be inserted into the vagina
- Once the tube is in the correct position, a small amount of saline solution will be inject-ed into the uterus.
- The transvaginal wand will be moved around to get different views of the uterus.

- The transvaginal ultrasound and injection of saline solution into the uterus will continue for a few minutes until all areas of the uterus have been inspected.
- Mild to moderate cramping is expected during the procedure.
- Once the procedure is complete, the wand and tube are removed.
- The saline solution will exit the body through the vagina, you will be given an absorbent pad / feminine napkin to catch the excess saline discharge.

## AFTER SIS.

- Some women will experience cramping and have blood spotting after the SIS procedure. You may need to wear a pad .
- Best advise is to relax and take it easy for a couple of hours after the procedure.

