



Saline Infusion Sonohysterogram (SHG)

What is saline infusion sonohysterogram?

Saline infusion sonohysterogram is a procedure to study the uterus and the shape of its cavity. The procedure uses ultrasound and sterile fluid to view the uterus and the uterine or endometrial cavity and identify any abnormalities. The ovaries may also be evaluated during the procedure.

Why is SHG performed?

SHG helps to investigate conditions such as infertility, recurrent miscarriage or uterine bleeding. It also shows the structure of the uterus. SHG can help evaluate the uterus before and after surgery, investigate fibroids and scar tissue in the uterus that develop later in life or investigate congenital abnormalities or abnormalities found incidentally on routine ultrasounds or other tests.

Women who are pregnant or think they might be should not undergo an SHG. Those with an active pelvic infection should also avoid an SHG.

How is SHG performed?

SHG is performed once the menstrual period is complete or at any time for those who do not have menstrual periods either due to menopause or medications that suppress the menstrual cycle. An ultrasound probe is first inserted through the vagina and an ultrasound examination carried out. A speculum is then placed and a narrow catheter inserted through the vagina and cervix into the uterine cavity. The uterus is then filled with sterile saline solution that helps outline its walls and cavity. This helps identify abnormalities such as polyps, fibroids and scar tissue within the uterus.

What are the risks and complications?

SHG is generally a safe procedure with rare complications. About 1% of the time a pelvic infection can occur. This usually happens when there is an existing block or infection in the fallopian tubes.

Following an SHG, you may experience some cramping for several hours. Vaginal discharge and spotting is occasionally seen. Your doctor may prescribe pain medications or antibiotics before the procedure to minimize complications. Should you have pain or fever 1-2 days after the procedure, please call your doctor.