



## **Saline Sonohysterogram AKA SonoHyst**

### **What to expect for the procedure:**

- A Saline Sonohysterogram is done 5-9 days after your period ends.
- You may experience mild cramping during the procedure.
- You will be able to leave 15 minutes after the procedure and drive yourself home.
- It is recommended that you take it easy and not exercise the day of your procedure

### **How to prepare:**

- You can take an over the counter pain reliever such as ibuprofen (Advil, Motrin) or Acetaminophen (Tylenol) 1 Hour before your appointment.

### **What to expect after the procedure:**

- You may experience light spotting for up to 24 hours after the procedure. You can use a sanitary pad only, NO tampons.
- Avoid sexual intercourse, tampons and vaginal medication for 2 days after the procedure.
- You may experience a small trickle of fluid from the vagina, this is the saline solution that was inserted during the procedure.

### **When to call your Dr:**

- Call your Dr if you experience: heavy bleeding or bleeding with clots, foul-smelling discharge, chills, fever or severe abdominal pain.

**\*PRONOX** is available for a charge of \$75 for any procedures. PRONOX is a self-administered laughing gas that helps patients with both pain management and anxiety. No chaperone is needed as the laughing gas is completely expelled from the body within 15 minutes after the last inhale. Please let the scheduling coordinator know when scheduling your procedure if you are interested in adding the PRONOX service.

Rachel Bernstein MD, FACOG • Patricia Calvo MD, FACOG

6333 North Federal Highway, Suite 285, Fort Lauderdale, Florida 33308 • 954-770-2141 Fax 754 206 4774

[www.ForWomenOnlyOBGYN.com](http://www.ForWomenOnlyOBGYN.com)