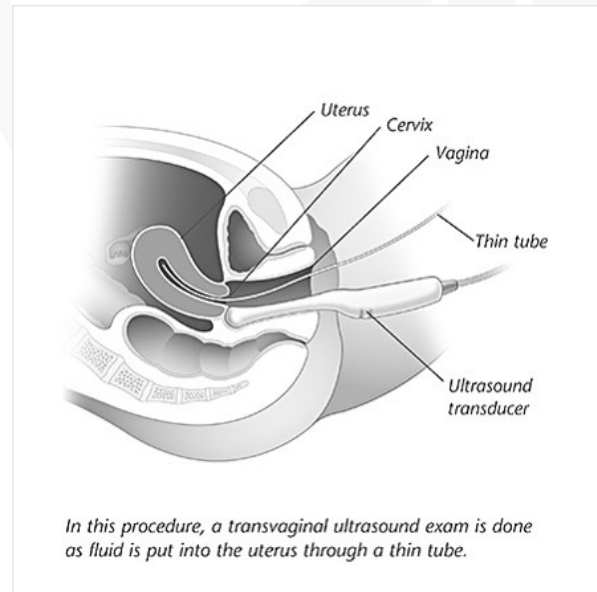
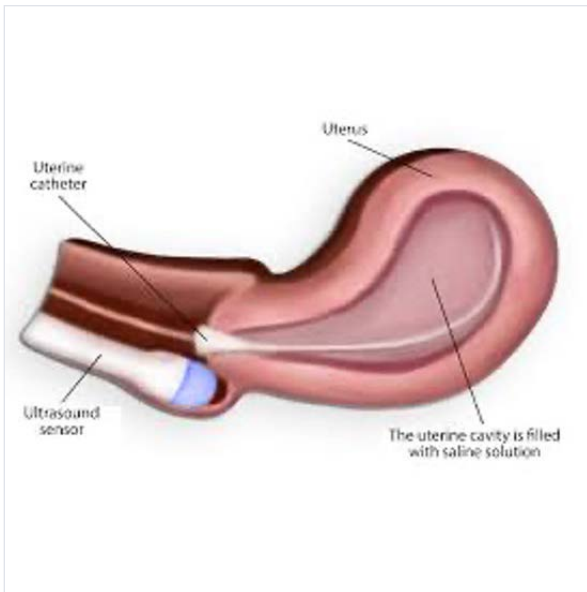


SALINE INFUSION SONOHYSTEROGRAPHY (SHG)



WHAT IS SALINE INFUSION SONOHYSTEROGRAPHY?

You have been recommended a Saline infusion sono-hysterography (SHG) due to ultrasound findings. It is a simple procedure, carried out on an out-patient basis.

WHAT IS SALINE INFUSION SONOHYSTEROGRAPHY?

SHG is a procedure to evaluate the uterus and the shape of the uterine cavity. SHG uses ultrasound and sterile fluid to show the uterus and endometrial (uterine lining) cavity. The ovaries are also seen at the time of SHG. The purpose is to detect any abnormalities.

WHY IS SHG PERFORMED?

SHG is performed to investigate conditions such as abnormal uterine bleeding, infertility, and recurrent miscarriages. SHG is also performed to see the structure of the uterus. This may be performed on women suspected of polyps or scar tissue inside the uterus. SHG may also help check uterine abnormalities found during a routine ultrasound. If a polyp is found, we offer a hysteroscopic removal in the same consultation to spare you time and discomfort.

SHG should not be performed on women who are pregnant or who are suspected of being pregnant. SHG should also not be performed on women with an active pelvic infection.

PREPARING FOR AN SHG

To do a good and sufficient examination it is important that your uterine lining is thin. Therefore, we recommend the procedure at the end of your period or right after. If you expect bleeding around the day of the examination, call or text us as soon as possible and make a new appointment.

WHAT ARE THE RISKS AND COMPLICATIONS?

SHG is a very safe procedure and is usually performed without incident. Serious complications are rare. The most common serious complication with SHG is pelvic infection. However, this occurs in less than 1 % of women having the procedure and usually occurs when a woman also has a block or infection of the fallopian tubes.

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SHG may also cause cramping, spotting, and vaginal discharge. Some women experience cramping for several hours after the procedure. It is often recommended to take painkillers such as ibuprofen before the procedure. You should call your general practitioner if you experience pain or fever within the first two days after the SHG.

ANAESTHETICS

An SHG is a quick procedure. Taking painkillers such as ibuprofen (400 mg) and/or paracetamol (1 g) about an hour before can help reduce discomfort after the procedure. Usually, we recommend local anaesthetics to numb your cervix (entrance to the womb) during the procedure.

HOW IS SHG PERFORMED?

- SHG is usually performed after the menstrual period finishes.
- You lie on an exam table with your legs in stirrups.
- An ultrasound examination is performed using a probe inserted into your vagina.
- An instrument called a speculum is inserted into your vagina to hold it open (the same instrument used for a cervical screening test), and the local anaesthetics is injected into your cervix.
- A narrow catheter is placed in your vagina, through your cervix, and into your uterine cavity.
- The ultrasound examination is continued while sterile saline (salt water) is injected into your uterus.
- The saline solution fills your uterus, helping to outline the uterine walls and cavity.
- This shows any abnormalities such as fibroids, polyps, or scar tissue inside your uterus.

If at any point you are finding the procedure too uncomfortable, please tell us – we can stop at any time.

You can usually return to your normal activities later the same day. You may expect light bleeding for a few days after the examination. Contact the clinic or your general practitioner if you get a fever or experience severe pain

AFTER THE SHG

You can leave the clinic shortly after the SHG. Often, we will have discussed the findings during the procedure (you may even have seen everything on the monitor together with us). If not, we will discuss the findings with you before you leave.

PRICE

Gynaecological examination incl. vaginal ultrasound and saline hysterosonography € 295

If additional hysteroscopy incl. local anaesthesia, removal of polyp or simple endometrial biopsy € 875

Additional lab fees will apply if supplementary tests are needed.

HOW TO PAY

Please transfer to **IBAN account no. DK4667710005844289** with beneficiary bank **swift code LAPNDKK1** no later than two days before your appointment and send a screen dump of the receipt to **contact@metropolgynclinic.com**.

You will receive an invoice after the consultation.