

## Ultrasound (US) Sonohystogram Patient Instructions

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WEEKS or DAYS before your appointment:  
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- **Preparation:** You must follow ALL INSTRUCTIONS in this letter. Your doctor has been notified about your appointment.
- **Contact diagnostic imaging:** This scan should be done in the first 10 days of your menstrual cycle. If your appointment is not scheduled during this time, contact diagnostic imaging at the number provided above.
- **Contact your doctor:** If you have questions or concerns about your procedure, contact your doctor before proceeding with your appointment.
- **Arrange childcare:** For safety reasons, children cannot accompany you in procedure rooms and cannot be left unattended.
- **Arrange a support person:** An adult support person is welcome to accompany you to your appointment.
- **Know if you're pregnant:** If you're pregnant, consult with your doctor before proceeding with your appointment.
- **Consult your diabetes care provider:** If you're taking diabetes medications or using Insulin Pump Therapy, consult your diabetes care provider before your appointment. [www.ipumpit.ca](http://www.ipumpit.ca)

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BRING to your appointment:  
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- Current list of medications (prescription and over the counter).
- Any medication you may need during your appointment.
- Healthcare card.
- Picture identification.
- Eyeglasses, hearing aid(s), and mobility aid/device.
- Patients with diabetes - insulin and glucometer
- Green sleeve that includes your Goals of Care (GOC) Designation Order form if you have one.

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DO NOT bring:  
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- Leave valuables at home, including jewelry or piercings.
- Limit the number of items you bring to your appointment.

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AT your appointment:  
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- **Consent is required:** A legal representative (parent or alternate decision maker) must be available (in person or by telephone) to provide consent for all patients under the age of 18, or any patients that do not have the capacity to make health care decisions.
- You will be provided with a hospital gown to change into.

- To get a clearer view of your pelvic organs, you will have an endovaginal ultrasound.
- After your ultrasound, a small, clean tool called a speculum will be gently placed into your vagina. Then, a thin, soft tube, called a catheter, will be guided through your vagina and into your cervix. Sterile saline will be put through the catheter to help us see inside your pelvic organs.
- Your appointment may take up to 2.5 hours.