

Community Reproductive Endocrinology

Saline Infused Sonography (SIS)

What is the SIS procedure?

The SIS procedure is essentially an ultrasound of the uterus at the same time that fluid is being infused into the uterine cavity. The infusion of sterile fluid pushes the walls of the uterus apart, improving the image obtained with the ultrasound.

When is a SIS procedure recommended?

- Evaluation of abnormal uterine bleeding
- Follow up of an abnormal hysterosalpingogram (HSG)
- Suspected uterine fibroids
- Suspected intrauterine adhesions or scar tissue
- Suspected endometrial polyps
- Prior to in vitro fertilization

What can this test determine?

- Uterine polyps
- Uterine fibroids
- Uterine scar tissue
- Normal uterine cavity

What can't the test determine?

- Endometriosis
- Cancer
- If both fallopian tubes are open

What are the risks of having a SIS?

- Infection of the pelvic organs (tubes, uterus and/or ovaries) is a rare but theoretically possible risk of a SIS, occurring in about 1% (1 in 100) cases. If a pelvic infection was to occur, most cases respond to oral or intravenous antibiotics. Whenever an infection of the fallopian tubes occurs, there can be a decrease or complete loss of fertility.
- Uterine puncture is theoretically possible any time we place something into the uterus. With the flexible catheters and ultrasound visualization used during a SIS, this complication is very unlikely.

How accurate is this test?

Saline infused sonography has been shown to be very accurate in determining when an abnormality is present, as well as showing when the uterine cavity is normal. As with almost all testing, the results from a SIS are not perfect. About 5% of the time an abnormality may be missed. It is also possible that an abnormality will be suspected based upon the SIS results, when in fact the uterus is completely normal. Remember that your physician will be using other information in addition to the SIS results to make recommendations on treatment.

When and how do I schedule my SIS procedure?

- You should schedule your SIS between days 6-12 of your menstrual cycle. The nursing staff will assist you with scheduling the procedure at the appropriate time.

Should I do anything before the procedure?

- Please take 800 mg of one a non-steroidal anti-inflammatory medications such as Motrin, Ibuprofen, Nuprin or Advil about 1 hour before your SIS. If you are allergic to or otherwise unable to take these medications, e.g., due to gastric ulcer disease, please let us know so that we can recommend an alternative medication.

How is the test performed?

- A transvaginal ultrasound is performed initially to view the pelvic organs.
- After the vaginal probe is removed from your vagina, a speculum will be placed to allow access to your cervix (opening to uterus).
- After the cervix is cleaned with an antiseptic (please notify us if you are allergic to Betadine or iodine) a soft catheter will be inserted past the cervix into your uterus.
- Next, the vaginal probe is replaced, after which fluid will be allowed to flow through the catheter into your uterus.
- As the sterile water separates the walls of your uterus, your physician will be performing an ultrasound to look for any abnormalities.
- If any abnormal areas are seen, pictures and measurements will be taken.
- After adequate viewing of the uterus, the vaginal probe of the ultrasound and the soft catheter will be removed.
- The procedure generally takes about 10-15 minutes including set-up time.

Are there any limits on my activity after the procedure?

- Most woman feel perfectly fine after a SIS other than some minor uterine crampin.g
- Very rarely some woman are unable to return to work immediately following a SIS.

When should I call?

- Temperature of 100.4 F or greater
- Worsening abdominal or pelvic pain
- Heavy vaginal bleeding

If you have an emergency call 911.

If you have questions or concerns call our office as follows:

Monday through Friday 8AM to 4PM call **317-621-0600** to speak with a nurse in our office.

If your question cannot wait until business hours:

Weekdays 4PM until 9PM and 8AM to 9PM on weekends, please page a nurse at **317-904-1641**.

If you are unable to reach a nurse or it is after 9PM, please call the office for instructions.