

Gynaecological sample and sonohysterogram

A gynaecological sample is a sample that is taken from the uterine lining, the cervix and/or the cervical channel, the wall of the vagina or the vulva. It does not require any preparatory measures. **It is preferable not to collect a sample during menstrual bleeding.**

A sonohysterogram procedure complements a gynaecological ultrasound examination. The procedure can help identify possible uterine anomalies such as uterine septums, fibroids (muscle growths), and polyps (growths in the mucous membranes). The best time to carry out the procedure is at the beginning of the menstrual cycle.

Fill in. **Date:** _____

- Pap test, also known as the smear test:** The Pap test is used to look for changes in the cells of the cervix, meaning the first stages of cervical cancer. The sample is taken from the cervix by using a wooden spatula and from the cervical canal by using a brush.
- Papillomavirus test:** The papillomavirus test is used to determine the presence of the high-risk papillomavirus types. The sample complements other tests checking for abnormal cell changes. The sample is taken from the cervical canal by using a brush.
- Biopsy:** A biopsy can be taken from the external genitalia, the wall of the vagina, or the external orifice of the cervix. The vaginal wall and the external orifice of the cervix are not very sensitive, so local anaesthesia is not necessary. The sample is taken using biopsy forceps, and you can feel mild pain when the biopsy is taken.

In case of a vulvar biopsy, local anaesthesia is administered to the area before the biopsy is taken.

- Endometrial biopsy:** A tissue sample from the lining of the uterus is used to check for causes of abnormal bleeding or changes to the lining of the uterus. The biopsy is taken from the uterus by inserting a small biopsy catheter through the vagina, and it takes less than a minute. You can feel momentary lower abdominal sensations similar to menstrual pain during the sampling.
- Sonohysterogram:** A thin catheter is placed into the uterus through the vagina, which is used to inject sterile saline into the uterus. This causes the uterus to expand, which can cause sensations similar to mild menstrual pain. As the saline is being injected, the uterus is examined

using a vaginal ultrasound. On the day of the procedure, small amounts of saline and blood will seep out through the vagina, which is why you should wear a pad.

After sampling and **sonohysterogram procedure**

You may experience light bleeding for a few days after sampling. Due to a risk of infection, we recommend that you avoid intercourse, use of tampons or menstrual cups, swimming and bathing in a bathtub and taking sitz baths during the bleeding. **After a vulvar biopsy**, a scab will form over the biopsy site, which is why you should use dapping motions when wiping the area.

Sample results

You will receive your results as previously agreed with your care provider.

Contact information

If the post sample discharge becomes heavier or develops a foul odour, or if you develop lower abdominal pain or fever, please contact the hospital that administered your test.