

Use of a Uterine Sound

The Purpose of a Uterine Sound

- Insures that you can pass through the internal os
- Informs the direction and pathway through the os up to the fundus
- Measures the depth/distance from the external os to the fundus
- Is appropriate for IUD placement not <5.5 cm. 10 cm or more in some cases
- Tells you where to set the flange so you don't waste the IUD

Which one?

- Usually 4mm (occasionally 3mm)
- Metal sound - can be bent to mimic uterine flexion
- Plastic sound - may be less likely to perforate
- Endometrial sampler - thinner diameter



Hand Skills

- Avoid momentum
- Hold it like a pencil or dart
- Use Wrist action - not elbow; not shoulder
- Brace fingertips on speculum to achieve control of force while advancing the sound

Safety Tips

- Don't push hard at internal os
- Do not force
- Slow progression through the internal os
- Once you have passed through the internal os, stop....and then, intentionally proceed to the fundus