Patient information: Endometrial Biopsy

What is an endometrial biopsy?
- An endometrial biopsy is a procedure performed in our office to obtain a sample of the lining of your uterus (endometrium)
- Your practitioner may suggest an endometrial biopsy to assess the following:
  - Abnormal uterine bleeding
  - Bleeding after menopause
  - Infertility
  - Results of Pap smears

Preparing for an endometrial biopsy
- Anesthesia is not needed for this procedure.
- It is suggested that you take two 220 mg of Naproxen sodium (Aleve) OR Ibuprofen 600-800 mg as recommended by your provider prior to your appointment to relieve cramping associated with the procedure, as long as you are not allergic to it or to aspirin.

During the procedure
- The entire procedure takes only a few minutes.
- You will lie on the exam table with your feet in the stirrups.
- Your practitioner will place a speculum in your vagina and will apply an antiseptic solution to your cervix.
- He or she will insert a tiny straw-like tube through the cervical opening into the uterine cavity.
- Using the tube, the doctor will take a sample of cells from the inner layer of the uterine wall.
- During the procedure you may experience menstrual-like cramping.

After the procedure
- After the procedure it is normal to experience some cramping and bleeding from the biopsy. Expect spotting for one to two days after the biopsy.
- If necessary, you can take an over-the-counter pain reliever like Ibuprofen 600-800 mg or Aleve 200 mg to control discomfort, as long as you are not allergic to these products or to aspirin.
- The biopsy sample will be sent to a lab for further analysis. We will discuss your results with you at a follow-up appointment or during a follow-up phone call.
- Avoid sexual relations and tampon use for twenty four hours after the biopsy.

Risks associated with this procedure
As with all procedures, there are some risks involved. With an endometrial biopsy, serious complications are extremely rare. Risks can include:
- Severe bleeding from the biopsy site
- Uterine injury/perforation
- Infection
- Inability to complete the procedure
- Inadequate tissue sampling

Call us at (413) 794-8484 (even outside of normal office hours) if you have:
- Heavy vaginal bleeding (soaking through one or more pad per hour, for three hours).
- A fever over 100°F within the first three days following the procedure.
- Significant pelvic or abdominal pain, not relieved with over-the-counter pain relievers.
- Foul-smelling vaginal discharge.