

## 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.