

Patient Instruction for Endometrial Biopsy

An endometrial biopsy is a way for your doctor to take a small sample of the lining of the uterus (endometrium). The sample is looked at under a microscope for abnormal cells. An endometrial biopsy helps your doctor find reason for abnormal bleeding like overgrowth of endometrium (hyperplasia) and cancer. Your doctor may use a camera to look inside uterus (hysteroscopy) and use a so, straw-like device (pipelle) to suction a small sample of lining from the uterus. This method is fast and least painful.

The following are instructions regarding the endometrial biopsy. If you have any questions concerning the test, please **contact the office at 215-444-3411**

- Please call the office to cancel your biopsy if you are bleeding. Do not douche, use tampons or use vaginal medicines for 24 hours before the biopsy. You will empty your bladder just before your biopsy.
- The endometrial biopsy takes approximately 5min to perform. If you have not had any pain medicine, you may feel a sharp cramp as the tool is guided through your cervix. You may feel more cramping when the biopsy sample is collected. Most women find that the cramping feels like a really bad menstrual cramp.
- Some women feel dizzy and sick to their stomachs. This is called a vasovagal reaction. This feeling will go away after the biopsy.
- Occasionally, you may experience some mild cramping for the remainder of the day. You should be able to resume normal activities within a half hour of the biopsy. In order to minimize discomfort during the procedure, one hour before the biopsy is scheduled take oral pain medicine (Ibuprofen 600 mg or Tylenol 650 mg).
- You should be able to drive yourself to and from the office and return to work immediately.
- It is common to experience spotting or light bleeding after the biopsy lasting 1-2 days. It is important that you try to distinguish the onset of your next period from the spotting or bleeding that the biopsy may have caused.

- If you experience pelvic pain for more than 24 hours or excessive bleeding, or begin running a temperature after the procedure, please call our office.
- You should call our office 7-10 days after your biopsy was performed to learn the results of the study.
- Tell your doctor if you
 - Have had bleeding/clotting problems or take blood-thinners, such as aspirin or warfarin (Coumadin).
 - Are pregnant. An endometrial biopsy is not done during pregnancy.
 - If a vaginal or cervical infection is present. The infection could spread to the uterus if an endometrial biopsy is done