

## Endometrial Biopsy

### *What is an Endometrial Biopsy?*

Your doctor has requested that you have a special procedure called an endometrial biopsy. This procedure is used to study the lining (endometrium) of your uterus. The most common reason for performing this procedure is abnormal bleeding, abnormal Pap smear results, and fertility problems. During the biopsy, small tissue samples are taken from the uterine lining and then sent to the lab for study. If any problems are found, you and your doctor will discuss treatment options. Problems with the uterus are treated best when they are detected early.

### *What can I expect during the Procedure?*

You will lie on an exam table just as you do for a Pap smear, and you may have a brief pelvic exam. A speculum is inserted into the vagina and an antiseptic solution is applied to your cervix. A thin catheter is inserted through the cervix into the uterus. It is normal to experience some cramping as the catheter is inserted. Using mild suction, samples are taken from the uterine lining. The catheter and speculum are then removed and the samples are sent to the lab for study.

### *How do I prepare for the procedure?*

To help decrease cramping, you may take 600 mg of ibuprofen two hours prior to the procedure. Avoid using any creams or vaginal medications a day or two before the procedure. We also ask that you avoid douching in preparation for the exam.

### *What can I expect after the procedure?*

You may feel some mild cramping for a few hours after the procedure; this can be relieved with over the counter pain medications (ibuprofen or acetaminophen). You may have some bleeding for a few days. Use pads instead of tampons. Do not douche or use any vaginal medications unless advised to do so by your doctor. Ask your doctor when it is okay to have sex after the procedure.

### *Call our office if you experience*

- Heavy bleeding (more than a pad an hour for two hours)
- Severe cramping or increasing pain
- Fever over 101°F
- Foul-smelling or unusual vaginal discharge

### *For More Information*

This exam is done in any of our three office locations. Please check to make sure you know in which office you are scheduled. If you have any questions regarding this procedure, please do not hesitate to contact us.