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Endometrial Biopsy Pre & Post Procedure Instructions

An Endometrial Biopsy is a technique used to remove a piece of tissue from the inner lining of the uterus for laboratory evaluation.

Why is an Endometrial Biopsy done?

An endometrial biopsy is most often performed to help determine the cause of abnormal uterine bleeding, to help evaluate the cause of infertility, test for uterine infections, and even monitor the response to certain medications.

Before your Endometrial Biopsy:

- Write down questions or concerns that you have about the procedure, review these questions with the Doctor/PA-C before the Endometrial Biopsy.
- Consider bringing a portable music player with headphones or reading material to help you relax during the Endometrial Biopsy.

How to Prepare for your Endometrial Biopsy:

- Do not have vaginal intercourse during the 2 days prior to your Endometrial Biopsy.
- Do not use tampons, vaginal medicines, or douche 24 hours before your Endometrial Biopsy.
- You are advised to take 1000 mg of Tylenol or 800 mg of Ibuprofen (Motrin/Advil) one hour prior to appointment and may use it 6-8 hours after your Endometrial Biopsy.

What to expect During your Endometrial Biopsy:

- An Endometrial Biopsy is done in the office and the procedure typically takes 10 to 20 minutes.
- You'll lie on your back on a table with your feet in supports, just as during a pelvic exam or Pap test.
- The Doctor/PA-C will place a speculum in your vagina. The speculum holds open the walls of your vagina so the Doctor/PA-C can see your cervix.
- The Doctor/PA-C inserts a thin plastic or metal tubular device through the cervix into the uterus to remove a tiny piece of the inner lining tissue.
- The biopsy may cause cramping, or the sensation of pressure, or pain.

After your Endometrial Biopsy:

- You may experience vaginal pain that lasts one or two days.
- You may experience light bleeding or spotting from your vagina that lasts a few days.
- You may experience a dark discharge from your vagina.
- You should avoid vaginal intercourse after the procedure until 2-4 days after the bleeding has stopped.
- You will have no activity restrictions once the procedure is complete.
- Call the office if you have additional questions, if symptoms persist more than 2 days following the procedure, or if you develop a fever.

Signature,

Printed,

Date