

Endometrial Biopsy

What is an Endometrial Biopsy?

An endometrial biopsy is procedure to remove a small sample of tissue from the lining of your uterus. The lining of your uterus (womb) is called the endometrium. This lining is what you shed during your menstrual period. Your doctor may order an endometrial biopsy to find out why you have abnormal bleeding.

How is an Endometrial Biopsy done?

An endometrial biopsy is done at your doctor's office or clinic. You will lay on the exam table with your feet in stirrups. Your doctor will place an instrument, called a speculum into your vagina. When the speculum is open, the doctor can see your cervix, which is the opening to your uterus. A special instrument will be put through the speculum into your uterus.



A small sample of tissue from your endometrium will be removed (biopsy). Your doctor may need to take samples from different places in your uterus. The removed tissue will be sent to a lab. A special doctor (pathologist) will look at your tissue and send the results of your biopsy to your doctor in 1 to 2 weeks. Your doctor will then talk with you about your results.

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care.

How do I take care of myself at home?

Here are some guidelines for you to follow after your biopsy:

- Rest for 24 hours.
- Eat a normal diet.
- Take Tylenol, Advil or a similar pain medicine every 4 hours, if you need it for cramping.
- Wear a pad to absorb bloody vaginal discharge. This discharge may last for 1 to 2 days.
- Take a shower.
- **Do not** take a tub bath for 3 days. Tub baths increase your chance for infection.
- **Do not** put anything in your vagina for 2 to 3 days:
 - ▶ No douching
 - ▶ No intercourse (sex)
 - ▶ No tampons

When should I call my doctor?

Call your doctor if you have any of the following:

- Heavy vaginal bleeding (soaking a pad in 1 hour)
- Severe abdominal cramps or pain even after taking pain medicine
- Temperature 101 degrees Fahrenheit (38.3 degrees Celsius) or above
- Chills
- Vaginal discharge that smells bad
- Spotting 3 to 4 weeks after your procedure

When should I see my doctor?

You should follow up with your doctor or the clinic as instructed at your biopsy appointment.

- If you have any questions, please call your doctor or the clinic.

Doctor: _____

Clinic: _____