Endometrial Biopsy

What is an Endometrial Biopsy?

An endometrial biopsy is a piece of tissue taken from the lining of the uterus. The lining of the uterus (womb) is called the endometrium. This lining is what you shed during your menstrual period. Some women have abnormal or heavy bleeding. Other women may start to bleed again after stopping the menstrual cycle (menopause). This bleeding is not normal, so the doctor wants to know why this bleeding has happened. One way to find the reason for this bleeding is to do an endometrial biopsy.

How is an Endometrial Biopsy done?

An endometrial biopsy is done in a doctor’s office or clinic. You will lay on the exam table with your feet up in the 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 the uterus. A special instrument will be put through the speculum into the uterus.

A piece of tissue from the endometrium will be taken. This is called a biopsy. The doctor may need to take several biopsies at different places in the uterus. The tissue from the biopsies will be sent to a lab. The results of the biopsies will be sent to your doctor in one to two weeks. Your doctor will tell you the results.
How do I take care of myself at home?

When you go home, take it easy and follow these directions:

- Rest for 24 hours.
- Eat a normal diet.
- Take Tylenol or Advil or a similar medicine for pain every four hours, if needed for the cramping.
- Wear a pad to absorb bloody vaginal discharge. This discharge may last for a day or two.
- Take a shower.
- **Do not** take a tub bath for three days. Tub baths increase your chance for infection.
- **Do not** have sexual relations, use tampons, or douche for 2 to 3 days.

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 not relieved by Tylenol or Advil
- Fever 101 degrees or higher
- Chills
- Vaginal discharge that smells bad
- Spotting for 3 to 4 weeks after the 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: ____________________________________________

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