

# 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 or 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). We use an endometrial biopsy to help evaluate what may cause these conditions.

## Why is an Endometrial Biopsy done?

An endometrial biopsy may be done to check for causes of abnormal or heavy bleeding. An endometrial biopsy also may be used to check for cancer of the uterus.

## How is an Endometrial Biopsy done?

An endometrial biopsy is performed in a doctor's office or clinic. You will lay on the exam table with your feet 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 laboratory for evaluation. The results of the biopsies will be sent to your doctor in one to two weeks. Your doctor will review the results with you and determine the best treatment option.

## How do I take care of myself at home?

When you go home, take it easy and follow this list of things **To Do**:

- **DO** - Eat a normal diet and take it easy
- **DO** - Take Tylenol or Advil or a similar medicine for pain every four hours, if needed for the cramping
- **DO** - Wear a pad to absorb bloody vaginal discharge. This discharge may last for a day or two
- **DO** - Take a shower.

It is important to remember there are things you should not do. These include:

- **DO NOT** take a tub bath on the night of your procedure. Your cervix was slightly dilated for the biopsy.
- **DO NOT** have sexual relations.
- **DO NOT** use tampons or douche on the night of your procedure.

## When do I see my doctor again?

Call your doctor for any of the following:

- Excessive bleeding, where you soak a pad in an hour
- Severe abdominal cramps or pain not relieved by Tylenol or Advil
- Unusual spotting for 3 - 4 weeks after the procedure
- Fever of 101 degrees or higher or chills
- Vaginal discharge that smells bad

If you have any questions, call the office at 410-633-6300.

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