



## **ENDOMETRIAL BIOPSY**

### **What is it?**

An endometrial biopsy is a simple office procedure that takes a sample of cells from the inside of your uterus. Your healthcare provider will insert a speculum and clean your cervix off with a betadine solution. A small catheter is inserted through your cervix and a tissue sample is collected from the uterine lining. The sample is sent off to a laboratory for analysis. Endometrial biopsies are often performed for a variety of reasons including abnormal bleeding, post-menopausal bleeding, heavy periods, bleeding in between periods, and infertility.

### **What do I do to prepare for an endometrial biopsy?**

You will be instructed to take 600-800 mg of Ibuprophen (advil, motrin) with food 1 hour prior to your appointment. Some people require the use of a prescription medication called misoprostol. This medication helps to open the cervix. Your healthcare provider will determine if you need this medication prior to your biopsy and send this in to your pharmacy. This medication is taken by mouth 4-6 hours prior to your appointment time. Common side effects of misoprostol can include: cramping, light bleeding, and GI upset.

### **Instructions after you have an endometrial biopsy:**

1. You have just had a sample (biopsy) taken from the lining of your uterus (endometrial biopsy). You will probably have some light bleeding for a day or two, and you may have some mild cramps for the rest of the day.
2. If needed, ibuprofen (Advil, Motrin, etc.), 600 mg every six hours should be strong enough for the cramps. If there is significant pain, please call.
3. There should be no signs of infection such as fever, chills, or foul discharge. If any of these develop over the next few days, please call.
4. There should be no heavy bleeding, and the menstrual cycle should be no different.

Please call for abnormally heavy bleeding.