

**Albany Family Medicine
Community Care Physicians
391 Myrtle Avenue, Suite 4A (4th Floor)
Albany, NY 12208
518-207-2273**

Reminders for appointment for endometrial biopsy:

1. You may have a support person who is welcome to be with you during the procedure.
2. Plan on minimal activity for several hours after the procedure.
3. Please eat your regular meals before the appointment and take all of your medications as you normally would. You do not need to have an empty stomach for this procedure.
4. Wear comfortable clothing with underwear that will accommodate a pad.
5. You may have mild sedation in the form of a pill. This needs to be arranged in advance. Many people find that this is not necessary, but it is an option. This pill will need to be prescribed to your pharmacy before the appointment and taken about one hour before the procedure, and you will need to have someone accompany you to the office and back home. Please send a portal message to your provider or contact the office if you would like this option.
6. If you need to reschedule your appointment, please call 518-207-2273 at least 24 hours in advance. You do NOT need to reschedule if you are bleeding.

What is an endometrial biopsy?

An endometrial biopsy is a procedure to obtain a sample of tissue from the lining of the uterus.

Why is an endometrial biopsy done?

An endometrial biopsy may be recommended if someone has experienced abnormal bleeding, has an abnormal-appearing uterus on an ultrasound, or has a Pap test result that indicates a possible problem in the uterus. An endometrial biopsy is done to determine whether you have a serious condition such as a cancer or pre-cancer.

What should you do to prepare?

No special preparation is needed. Taking 400 to 600 mg of ibuprofen one hour prior to the procedure may reduce cramping.

What should you expect during the procedure?

After you are brought to the examination room, you will be asked to undress from the waist down. Your provider will insert a speculum into the vagina and cleanse the cervix with an antiseptic solution. A thin catheter (a thin tube, sometimes called a pipelle) will then be introduced through the natural opening in your cervical canal to enter the uterine cavity.

Some people feel a cramp during this part of the procedure. Once the catheter is in the uterus, the provider will obtain the sample. This generally takes about ten seconds and may also cause some cramping. Once the catheter is removed, the cramping will quickly subside.

What are the risks?

The most common side effect of endometrial biopsy is cramping, which goes away quickly after the procedure is completed. Many patients will have light vaginal bleeding or spotting for several days following the procedure. Feeling lightheaded is normal during or right after endometrial biopsy. Making sure you eat and drink before your procedure will make this less likely.

What should you expect after the procedure?

Most people feel fine, but some will continue to have mild cramping for a short time after the procedure. There may be slight bleeding. You may use a pad. All activities can be resumed following the procedure, including exercise. We recommend that you do not put anything in the vagina (no sex, tampons, or douching) for several days after the procedure. This is to avoid infection. You should call if you have a fever, cramping continuing for 48 hours or more, increasing pain, foul smelling vaginal discharge, or bleeding heavier than a normal period.

What if I am bleeding at the time of the procedure?

Do not cancel. Many patients have this test because of unpredictable or continuous bleeding and it is perfectly fine to have the procedure while bleeding.

YOU SHOULD CALL YOUR HEALTHCARE PROVIDER IF YOU HAVE:

- Fever >101° F
- Bright red, heavy bleeding
- Bad cramps or pain that does not improve with over-the-counter medications, such as ibuprofen
- Bad-smelling, yellowish vaginal discharge