

# **Endometrial Biopsy**

## **What is it?**

An endometrial biopsy is a way for your doctor to take a small sample of the lining of the uterus (endometrium). The sample is looked at under a microscope to check for abnormal cells. This helps your doctor find problems in the endometrium.

## **Why is this test done?**

An endometrial biopsy is done to check for pre-cancer or cancer of the uterus. The test is also done if you have abnormal bleeding from your uterus. The test results show how your body's hormones are affecting the lining of the uterus, such as during menopause.

## **How do I prepare for the test?**

On the day of the endometrial biopsy, you may have a pregnancy test. Your provider may recommend against having a procedure if there is any chance that you could be pregnant at the time of your visit. If it is possible, you may become pregnant prior to procedure, you should: Abstain from intercourse 2 weeks before your appointment, or use a method of birth control regularly for 2 weeks before your appointment or You may schedule your appointment within the 7 days following the first day of your period.

### **Instructions for just before and when you arrive for your appointment:**

- 1) Eat something light before your appointment.
- 2) Do not urinate just before arrival, you will need to give a urine sample for a pregnancy test.
- 3) To manage any pain, take an over-the-counter pain medication such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve) 30 minutes before you arrive.
- 4) If you take aspirin or some other blood thinner, ask your doctor if you should stop taking it before your test. Make sure that you understand exactly what your doctor wants you to do. These medicines increase the risk of bleeding.

### **How is the test done?**

1. You will lie on an exam table with your feet in stirrups.
2. The doctor will use a tool called a speculum to see the cervix.
3. The doctor will pass a thin tube through the cervix to take a sample of the uterus lining.
4. The sample is sent to a lab. How long does the test take? The test will take about 5 -15 minutes.
5. What happens after the test? You will probably be able to go home right away. You likely will have mild vaginal bleeding and may have cramps for a few days after the test. The cramps may feel like bad menstrual cramps.

## **How can I care for myself at home?**

Ask your doctor if you can take an over-the-counter pain medicine, such as acetaminophen (Tylenol), ibuprofen (Advil, Motrin), or naproxen (Aleve). Be safe with medicines. Read and follow all instructions on the label. Use pads or tampons for vaginal bleeding or discharge. You may return to all your usual activities (including sex) after one week. Follow-up care is a key part of your treatment and safety. Make sure to: Schedule and attend all follow-up appointments. Call your doctor if you are having problems. Keep a list of the medicines you take. Test results take about 2 weeks.