

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 do's and do not's:

Do:

- 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.
- Have sexual relations, use tampons, or douche for 2 -3 days.

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®
 - ▶ Fever 101 degrees or higher or chills
 - ▶ Vaginal discharge that smells bad
 - ▶ Unusual spotting for 3 - 4 weeks after the procedure
- Return to your doctor or the clinic as instructed.
- If you have any questions, call your doctor or the clinic.

Doctor _____
Clinic _____

If you would like more written information, please call the Library for Health Information at (614)293-3707. You can also make the request by e-mail: health-info@osu.edu.

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Division of Nursing, James Cancer Hospital & Solove Research Institute
The Ohio State University Medical Center

- ▶ Upon request all patient education handouts are available in other formats for people with special hearing, vision and language needs, call (614) 293-3191.