

## Endometrial Biopsy

### What is endometrial biopsy?

Endometrial biopsy is a safe and effective method for checking the tissue lining the inside of the uterus (or womb). A narrow catheter is placed into the uterus, and a small amount of the endometrial lining is aspirated into the catheter.

### Why is endometrial biopsy performed?

Endometrial biopsy is performed to check the uterine lining for the presence of cancer or precancerous cells. Most women who have this procedure done have experienced abnormal uterine bleeding, are using hormone therapy (oestrogen without progesterone) or are at high risk for uterine cancer (family history).

### Is endometrial biopsy painful?

It can be uncomfortable but should not be painful. The placement of the thin plastic catheter inside the uterus can produce some cramping similar to period pain. This discomfort can be eased by taking oral ibuprofen and paracetamol as directed (if you have no contraindications to take these medications) with some food about an hour before the procedure. The entire procedure takes just a few minutes, and is usually tolerated well.

### What complications may develop after endometrial biopsy?

You may experience vaginal bleeding for a few days following the procedure. You must tell your doctor before the procedure if there is a possibility that you are pregnant. The pregnancy may be at risk if the biopsy is performed.

A woman may develop infection in the uterus or fallopian tubes any time an instrument is placed inside the uterus, but this is rare following endometrial biopsy. Very rarely, perforation of the uterus can occur where a hole is made in the wall of the uterus by the thin plastic catheter.

### What happens to the sample that is removed from the lining of my uterus?

The sample is sent to pathology and the tissue is examined under the microscope to determine if cancerous or precancerous cells are present. The clinic will arrange with you about how you would like to receive the results of your biopsy.

### Following Endometrial Biopsy

If you have any discomfort after the procedure, you may take ibuprofen, two 200mg tablets, three times a day with food. This can be

combined with paracetamol, two 500mg tablets.

You may drive home following the procedure.

Some vaginal bleeding or spotting is common following the procedure. If you experience heavy bleeding, please call the clinic.

Infection following the procedure is uncommon. Report to the clinic any symptoms that would suggest an infection, such as pain in the lower abdomen, a foul-smelling vaginal discharge or a fever. Your doctor may prescribe an antibiotic for a few days following the procedure to prevent infection.

Please do not place anything in your vagina (no intercourse, no tampons and no swimming or bathing) for one week following the procedure.

The clinic will arrange with you on the way you would like to be given the results – with the doctor or nurse, by telephone, text or email.

A follow up visit may be advised depending on the problem and the result.

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