

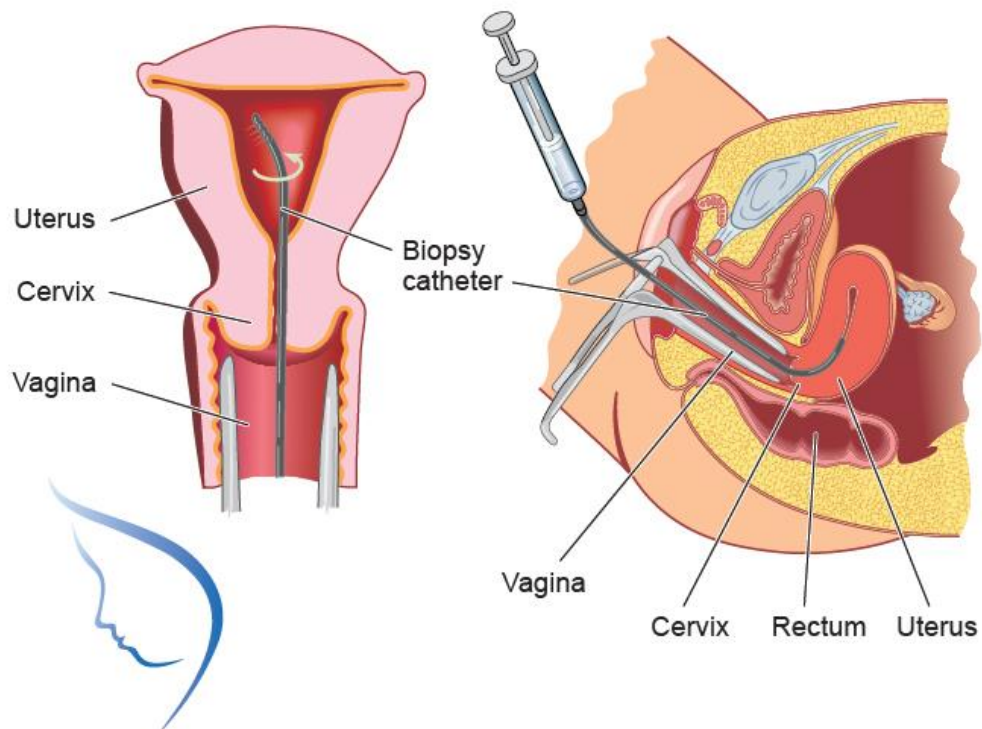
ENDOMETRIAL BIOPSY (Outpatient)

What is an Endometrial biopsy and why do I need one ?

An endometrial biopsy is a way for your doctor to take a small sample of the lining of the uterus (the endometrium). The sample is looked at under a microscope and assessed for abnormal cells.

Endometrial biopsy is often recommended for ;

- Abnormal menstrual bleeding
- Bleeding after menopause
- Absence of uterine bleeding
- To check the effects of hormone therapy on the endometrium.



How is an Endometrial Biopsy performed?

Your Doctor will usually numb the area using a small needle to infiltrate a local anaesthetic. The doctor then uses a speculum to open the vaginal canal and visualise the cervix (the opening to the uterus). Following this, a thin flexible tube will be inserted through the opening of your cervix and then several inches into the uterus. Your doctor will move the device gently back and forth to get a tissue sample from the lining of the uterus. The entire procedure normally takes about 10 minutes.

The sample of tissue is then put in fluid and sent to a laboratory for analysis. Your doctor should have the results approximately 10-14 days after the biopsy.

What can I expect after the procedure ?

You may feel slight discomfort like period pain and cramps at some stages. A lot of women feel no discomfort at all, whilst others experience minimal discomfort.

You will be able to go home straight away. You may experience some period-like cramps and/or some mild bleeding. The bleeding is usually mild and should settle within a day or so. Ibuprofen or similar should be taken for pain relief as necessary. To reduce the risk of infection you should use sanitary pads rather than tampons.

Some vaginal bleeding or discharge is normal for up to a week after a biopsy. You can use a sanitary pad for the bleeding. Do not do strenuous exercise or heavy lifting for **one day** after your biopsy. Do not have sex, use tampons, or douche until the spotting stops.

Complications that may occur include:

- Infection
- Heavy bleeding
- Injury to the cervix or uterus
- Nerve response causing a short lived drop in blood pressure (called a Vagal reflex) sometimes this associated with Nausea.

These are all extra ordinarily rare. Your consent to this procedure means you consent to measures that may be required to manage the complication.

You should contact your doctor if you develop any problems such as:

- **A temperature.**
- **Increased unexplained pain not relieved with painkillers.**
- **Increased discharge, which has an odour and/or is unpleasant.**
- **Heavy bleeding.**