

This handout explains what an endometrial biopsy is, what happens during the biopsy, what to expect after the procedure, and when to call for help.

What is an endometrial biopsy?

An endometrial biopsy is a procedure where a health care provider takes a small sample of tissue from the lining of your uterus (also called the endometrium). A lab looks at the tissue under a microscope to:

- Look for abnormal cells or
- Check if medication or hormones have affected the lining of your uterus

This procedure is usually done in the clinic while you are awake. Your provider will explain each step and make sure you are as comfortable as possible.

Why would I need an endometrial biopsy?

Your health care provider might suggest you have an endometrial biopsy if you have:

- Abnormal bleeding from the vagina
- Abnormal scan results
- History of cancer disorders in your family
- For monitoring effects of hormone therapy

What happens during an endometrial biopsy?

The procedure usually follows this process:

1. You will be asked to fully undress from the waist down after the health care provider leaves the room. You will be given a sheet to lay across your lap. When you are ready, the health care provider will come back into the room.
2. You will be asked to lie on your back on an exam table with your knees bent, similar to a pelvic exam.
3. Your provider will carefully place a speculum into your vagina. A speculum is a tool that gently opens the vagina so that they can easily see your cervix (the lower part of your uterus) during the procedure.
4. Before getting started, your provider will clean your cervix with an antiseptic solution. To help prevent pain, your provider may numb your cervix using a small needle to inject medicine, a numbing cream, or a numbing spray. They will explain each option and check in with you before getting started.

What happens during an endometrial biopsy, continued

5. Your provider will gently place a thin tube (called a catheter) through your cervix into your uterus. They'll remove a smaller tube inside to create suction, then gently move the tip in and out to collect a small sample of tissue. You might feel some cramping during this.
6. Your provider will carefully remove the tube and speculum and give you a menstrual pad to wear home.

What should I expect after the procedure?

After the procedure you may experience:

- Some lightheadedness or dizziness. Your provider will have you lie down until it is safe for you to stand.
- Mild cramping in your uterus (your lower belly). This can be helped with a heating pad or over-the-counter pain medications. Ask your provider which medications are best for you to take.
- Mild vaginal bleeding or spotting for up to 2 days after the procedure. Use a pad (not a tampon) until the bleeding has stopped.

Do not put anything in your vagina until your provider says it is safe. This is usually 2 to 3 days after your procedure. This means **you cannot insert medications into your vagina, use tampons, douche, or have sexual intercourse.**

It may take a week or more for the biopsy results to come back. Your health care provider will discuss the results of your biopsy with you, including if any more visits or tests are needed.

When to call for help



Call the clinic if you experience:

- Heavy vaginal bleeding (needing to change a pad more than once an hour) or foul-smelling vaginal discharge
- Vaginal bleeding for longer than 2 days after your procedure
- Severe lower belly pain
- Any new or worsening pain or cramping
- Fever and/or chills
 - Temperature taken by mouth at or above 100.4°F (38°C)
 - Temperature taken under the arm at or above 99.5°F (37.5°C)
- Concerns that can't wait until your follow-up visit