

## Endometrial Biopsy

An endometrial biopsy involves scraping and examining a sample of tissue from the lining of the uterus (endometrium). The procedure makes it possible for the physician to determine if ovulation has occurred, and whether the lining of the uterus has undergone the changes necessary for the implantation of a fertilized egg and the support of an early pregnancy. An endometrial biopsy can also detect an infection or inflammation of the endometrium (endometriosis).

The procedure is now rarely performed usually 1 to 4 days prior to the onset of menstruation. In a woman with a 28-day cycle, it is usually scheduled for Days 24 to 26. From start to finish the test takes about 5 minutes. The doctor begins by inserting a speculum into the vagina. The cervical area is cleansed with cotton swabs and an antiseptic solution containing iodine. An instrument called a tenaculum may be used to stabilize the cervix. This may cause a brief, slight cramping sensation. A narrow plastic instrument is passed into the uterus to collect a small sample of tissue from the side wall of the uterus. During the 60 seconds the tissue is collected, minimal to severe cramping may be experienced. This will subside spontaneously after a few minutes.

The tissue is evaluated by a pathologist who will “date” the tissue according to an ideal menstrual cycle. In order to interpret the results, the patient needs to notify her physician’s office on the day her menstrual period begins following the test the lining is considered “in-phase” if the progesterone level is in a certain range and the lining has thickened to the degree expected on a specific day of the cycle. A biopsy that is “out-of-phase” suggests a lag in the growth of the lining and an inability of the endometrium to support an early pregnancy.

The period between Days 24 and 26 of the cycle is too early to perform a pregnancy test. You should therefore use barrier contraception in the cycle the biopsy is going to be performed.

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### **Patient Instructions:**

1. Call your office to schedule the endometrial biopsy. You will be asked to sign an informed consent form acknowledging your understanding of the procedure and giving the physician permission to perform the test.
2. You may take 1-2 tablets (200 mg) of *Advil*, *Motrin* or generic ibuprofen 1 hour before the procedure. There are no special diets or restrictions either before or after the endometrial biopsy. It is rare that home rest is required after the test

## **Endometrial Biopsy (continued)**

3. Some cramping and spotting may occur after the endometrial biopsy. If the cramping becomes severe, the bleeding is as heavy as the heaviest flow during your menstrual period, or if you develop a fever, **call your office immediately**. After hours or on weekends or holidays, call the answering service and have the on-call physician paged.
4. Contact your office on the day your menstrual period begins (Day 1) following the test. **If this occurs on a weekend or holiday, please call the next business day.**