

ENDOMETRIAL BIOPSY PRE- & POST-PROCEDURE INSTRUCTIONS

Endometrial biopsy:

- An endometrial biopsy (EMB) is an office procedure performed to test the lining of the uterus.
- An EMB can be performed at any time during the menstrual cycle, but please discuss with your provider if you are having heavy bleeding in case they wish to postpone the procedure.
- An endometrial biopsy is a low-risk procedure. The following very rarely occur:
 - Heavy bleeding
 - Infection
 - Puncture ("perforation") of the uterus and possible damage to internal organs
 - Disruption of an early, undiagnosed pregnancy

Pre-procedure:

- If you are at risk for pregnancy and you are currently using an IUD or other hormonal contraceptive method (birth control pill, for example), please use condoms or abstinence for **1 week** before an EMB.
- If you are at risk for pregnancy and you are *not* currently using an alternative birth control method, please use condoms or abstinence for **2 weeks** before an EMB.
- An EMB can cause uterine cramping and for some people can be a painful procedure.
- We typically numb the cervix with a lidocaine injection to reduce cramping and discomfort.
- We recommend that you take 600-800 mg of Ibuprofen/Advil with food 60 minutes before your appointment. In addition, you can also take up to 1000 mg of Acetaminophen/Tylenol one hour before your appointment. These medications work well together.

Post-procedure:

- You can continue to take up to 800 mg of Ibuprofen/Advil every 8 hours and up to 1000 mg of Acetaminophen/Tylenol every 6 hours for cramping.
- A heating pad applied to your lower abdomen can be very helpful for cramps.
- Please do not insert anything in the vagina including tampons, or have intercourse for 1 week after the procedure.
- Please contact our office if you have excess pain not relieved with Ibuprofen/Advil and/or Acetaminophen/Tylenol; heavy bleeding requiring you to change a pad every hour or faster; unexplained fever; foul smelling vaginal discharge; or other concerns.

Warning signs are rare. Please call our office if you experience:

- Severe cramping or abdominal pain, nausea or vomiting
- Fever (temperature higher than 100.4F)
- Excessively heavy bleeding (soaking more than a pad an hour for more than two hours)

For questions or concerns, please contact Vermont Gynecology at 802-735-1252

AFTER HOURS EMERGENCY VTGYN CALL CENTER NUMBER: 802-350-1260