



ROCKY MOUNTAIN FERTILITY CENTER
9235 CROWN CREST BLVD. SUITE 250
PARKER, COLORADO 80138

ENDOMETRIAL BIOPSY INSTRUCTIONS

An endometrial biopsy is a procedure performed in the office. There are several reasons why an endometrial biopsy will be done. One reason is to collect endometrial tissue after episodes of abnormal bleeding. This tissue will tell the physician if there are premalignant or malignant changes. An endometrial biopsy can also show subtle hormone imbalances that may contribute to fertility problems. If this exam is part of an infertility/ recurrent pregnancy loss evaluation, this exam is scheduled for approximately 10-12 days after ovulation. To appropriately schedule your endometrial biopsy, do an ovulation predictor kit (OPK). Once you have ovulated (color change occurs with OPK) call the office to schedule your biopsy. If you are uncertain of the day of ovulation, please speak to a nurse prior to making your appointment.

The procedure takes no longer than 25 minutes. You will be in the usual pelvic exam position and a speculum is inserted into your vagina so the cervix can be visualized. A long, narrow instrument is inserted in the uterus and a small amount of tissue will be obtained. This sample is sent to the lab and results will be available in two weeks.

Some mild to moderate uterine cramping may be experienced during the procedure so it is advised to take ibuprofen (Motrin/Advil) 600 mg or Tylenol one hour prior to the procedure. Taking slow, deep breaths during the procedure will help you relax and ease the discomfort. You can take Advil or Tylenol for cramps after the biopsy if the cramps persist. Some women may experience nausea or light-headedness, but this passes quickly. You may experience spotting for three to five days after the procedure and this is normal.

Once you are home if pain becomes intolerable or you experience a temperature greater than 101° or your bleeding is heavy and you are changing a pad each hour, you should contact the nurse or your physician.

If the endometrial biopsy was done as part of an infertility/recurrent pregnancy loss workup, then you must call the nurse when your period starts. This will give us additional information to determine if there is a hormone imbalance. You may leave a message.

If there is a possibility that you could be pregnant the cycle in which your biopsy is performed (if you had intercourse at all during the cycle leading up to the biopsy), a blood or urine pregnancy test should be scheduled prior to the exam. Make sure to arrange for the blood tests the day prior to the biopsy or the day of biopsy for urine tests.

If you have any questions, please call the office.