

ENDOMETRIAL BIOPSY (EMB) PRE & POST INSTRUCTIONS:

An endometrial biopsy is a procedure performed to obtain a small tissue sample from the lining of the uterus, called the endometrium. This procedure is recommended for women with abnormal menstrual bleeding, bleeding after menopause, or absence of uterine bleeding.

An endometrial biopsy may also be used to check the effects of hormone therapy or to detect the presence of abnormal cells or cancer. Endometrial cancer is the most common cancer of the female reproductive organs. Endometrial biopsy is no longer recommended as a routine part of the evaluation and treatment of infertility (inability to conceive).

For EMB dilation of your cervix is uncommon. You will be given local anesthetic in the cervix prior to dilation and this injection is not painful. You may experience cramping during the dilation and you will often have some cramping during the actual biopsy. The EMB procedure takes 5-10 minutes and the cramping resolves soon after the procedure is completed.

Endometrial Biopsy Preparation:

- You may eat normally before you arrive and take 400-800 mg Ibuprofen (2- 4 Advil) or two Aleve one hour before the scheduled time of your EMB.
- If you have an odorous discharge on the day of your biopsy, please cancel your procedure and make an appointment to have this evaluated.
- Tell your doctor if you are pregnant or if there is a chance you may be pregnant. Your doctor might want to take a pregnancy test before the biopsy to ensure that you aren't pregnant.

After your Endometrial Biopsy:

It is common to bleed after an EMB and you may bleed for 3-4 days or possibly longer. You should not experience any pain or severe cramping at any time after the procedure, although you may have some mild cramping for a few hours afterwards.

Please follow these instructions:

- **DO NOT** douche, for several days after your biopsy.
- You may take medications such as Ibuprofen or Naproxen (Aleve) cramping.
- You may use a sanitary pad as needed.
- You may engage in any other physical activity that feels comfortable, including exercise and swimming.
- You may resume sexual intercourse when the bleeding stops.

A post-op appointment is not necessary unless you are having worrisome symptoms. If you have an ongoing problem or persistent symptoms, you should call to make an appointment.

✳ You will receive a phone call approximately two weeks following your EMB.

Maria I. Betancourt, M.D. PLLC

185 Madison Avenue, Suite 800 ▪ New York, NY 10016 ▪ T: 212-532-1111 ▪ Fax: 212-532-1185