

# Endometrial Biopsy

## What Is An Endometrial Biopsy?

An endometrial biopsy is a minor procedure where your gynaecologist collects a small sample of tissue from the lining of your uterus (endometrium) using a thin, flexible tube inserted through your cervix into your uterus. The sample is then sent to a laboratory for analysis.

## Why Is An Endometrial Biopsy Performed?

Your gynaecologist may recommend an endometrial biopsy for several reasons:

- **Abnormal uterine bleeding:** If you're experiencing heavy, prolonged, or irregular periods, bleeding between periods, or postmenopausal bleeding, an endometrial biopsy can help identify the cause.
- **Postmenopausal bleeding:** Any bleeding after menopause needs to be investigated to rule out conditions like endometrial cancer.
- **Fertility assessment:** If you're dealing with unexplained infertility, an endometrial biopsy can determine whether your uterine lining is properly prepared for implantation.
- **Hormonal therapy monitoring:** For women undergoing hormone replacement therapy, an endometrial biopsy can assess the effect of treatment on the endometrium.

## How To Prepare For The Procedure

Preparing for an endometrial biopsy is straightforward, but there are a few important considerations:

- **Timing:** Your biopsy will usually be scheduled at a specific time in your menstrual cycle, typically after ovulation but before your next period. Your gynaecologist will advise you on the best time.
- **Medication:** Inform your doctor about any medications you're taking. You may be advised to temporarily stop certain medications.
- **Pain relief:** Mild cramping may occur during or after the procedure. Your doctor might recommend taking an over-the-counter pain reliever, such as ibuprofen, an hour before the procedure.
- **Avoiding intercourse:** It's advisable to avoid sexual intercourse, douching, or using tampons 24 hours before the biopsy.

## What To Expect During The Procedure

An endometrial biopsy is typically done in a clinic while you're awake and takes about 10 to 15 minutes. Here's what you can expect:

- **Positioning:** You'll lie down on an examination table with your feet in stirrups, similar to a pelvic exam.
- **Speculum:** A speculum will be gently inserted into your vagina, just like during a cervical screening test (smear test).

- **Cervical cleaning:** Your gynaecologist will clean your cervix with an antiseptic solution.
- **Sample collection:** A thin tube (pipelle) is inserted through your cervix into your uterus. Cells from the lining of your uterus are drawn into the tube using gentle suction. You may feel a slight pinch or cramping as the sample is collected.
- **Completion:** Once the sample is obtained, the tube is removed, and you can usually resume normal activities right away. The sample is sent to the lab where a pathologist will carefully examine it under a microscope.

## Aftercare And Recovery

After the procedure, you may experience mild cramping, spotting, or light bleeding, which should subside within a day or two. Over-the-counter pain relief can help manage any discomfort. It's important to avoid strenuous activities, sexual intercourse, and the use of tampons for at least 24 hours to reduce the risk of infection.

## Understanding Your Results

The results of your endometrial biopsy are usually available within one to two weeks. Your gynaecologist will discuss the findings with you and explain any further steps or treatments that may be necessary. The results can help diagnose conditions such as:

- **Endometrial hyperplasia:** A thickened endometrium, which may be a precursor to cancer.
- **Endometrial cancer:** The biopsy can detect cancerous cells in the uterine lining.
- **Hormonal imbalances:** The test can reveal if hormonal fluctuations are affecting the endometrium.

## Risks And Complications

An endometrial biopsy is generally a safe procedure, but some potential complications include:

- **Infection:** Rare but possible, signs include fever, unusual discharge, or severe pain.
- **Heavy bleeding:** Contact your doctor if you experience heavy bleeding after the procedure.
- **Perforation:** Although extremely rare, there is a small risk of perforating the uterus during the procedure.

## When To Seek Medical Advice

Contact your gynaecologist if you experience any of the following after an endometrial biopsy:

- Severe abdominal pain that doesn't improve with pain relief.
- Heavy or prolonged bleeding.
- Fever or chills.
- Unusual vaginal discharge with an unpleasant odour.

## Why Choose Birmingham Gynaecology Clinic?

At Birmingham Gynaecology Clinic, you'll receive expert, precise care during your endometrial biopsy. Our experienced gynaecologists use the latest technology to ensure accurate results while prioritising your comfort and well-being. By choosing us, you'll receive personalised care from specialists committed to the highest standards.

## Contact Us

For more information or to schedule your endometrial biopsy, contact Birmingham Gynaecology Clinic. We're here to support you every step of the way. Reach out today to take control of your gynaecological health.