

## **Women's Health Procedure Clinic**

### **Endometrial Biopsy**

#### **Reason for test:**

- You have heavy menstrual periods or changes in your menstrual cycle
- Your periods are irregular
- You are post menopausal and have vaginal bleeding

#### **What is this test:**

- A short office procedure during which a speculum is inserted into the vagina and a small pipelle is placed through the opening of the cervix, and into the uterus to take a sample of the lining of the uterus.
- You may experience some cramping, like a menstrual period

#### **How do I prepare for this test:**

- The test can be done at any point in your menstrual cycle however avoid the heaviest days of your cycle
- Ensure you are not pregnant prior to the test
- You can take Advil or Aleve one hour prior to the appointment. If you are allergic or cannot tolerate either of these medications discuss it with your primary care provider for a suitable alternative

#### **What happens after the procedure:**

- You will have some spotting of blood for 1-3 days after the test
- You can drive and go to work after the test
- The staff will contact you with the results of the test in about 2 weeks
- You will be offered options to help with the heavy menstrual bleeding such as medications to lighten the flow or hormonal medications or IUD

#### **Where can I get more information?**

- Please go to Canadian website for accurate up to date information:  
[www.gynqi.com/heavyperiods](http://www.gynqi.com/heavyperiods)